



# VILLAGE NEWS



At the May Wellness Cafe, Stacy Peterson talked about preparing nutritious foods to promote good bone health. She led the group in preparing fresh veggie collard wraps. See Page 7 for the recipe and more photos.

## CHV Dues Increase Reflects Growing Service Needs

### First in eight years

At its July meeting, the Capitol Hill Village Board of Directors approved an increase in annual dues, effective January 1, 2017. This is the first increase in eight years, and equates to a two percent annual increase if regular increases had been made between 2009 and 2017.

This means that the next time your membership is ready for renewal after January 1, your rate will increase. For example, if your membership renewal is in June, your rate will increase in June 2017, but there is no increase for you before then.

**Why the increase?** The increase in dues will increase revenue and make dues a greater proportion of the budget. Nationwide among villages, dues represent 36 to 55 percent of most budgets. Locally, dues comprise about 50 percent of other DC villages' budgets. The CHV Board expects that this increase will raise the dues

portion of the overall CHV budget from 31 percent to 42 percent.

Additionally, even with increasing membership, expenses for Capitol Hill Village are increasing at a faster rate than dues can cover. In the past two years, CHV has moved from a donated basement and a rented room at the Hill Center to a combined office space that accommodates staff and volunteers working together. This itself represents a cost, and there is also a multi-line phone system, networked computer system, and other professional systems that reflect the increased sophistication of CHV services.

Also, the type of service work that CHV staff are doing is changing. Ten years ago, the average age of members was under 70, and there was very little use of direct services such as care coordination or research of referrals.

► *continued on page 5*

## Do you remember Your 10th Birthday?

Ice cream, hot dogs, water balloons, a party with school friends?

Well, it's that time again! In 2017, Capitol Hill Village is turning 10. We are looking to celebrate and want you to help. A number of community activities are being planned, and CHV is looking for dedicated hands and hearts to help celebrate our work.

One wonderful idea—that takes a special sort of team—is some type of community service project that might be a piece of public art, a renovated park, mini free libraries ... or some other lasting endeavor in service to the community. In addition, CHV would like to engage in lots of activities across the year to celebrate our lives, commitment to the community, and seniors in general.

For more information, contact Molly Singer: [msinger@capitolhillvillage.org](mailto:msinger@capitolhillvillage.org) or call the CHV office at 202-543-1778.

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The Key to Your Community

# September Events.

For more information about any event, or to RSVP for an event, call the CHV office at 202-543-1778 during regular office hours (weekdays, 9 am to 5 pm) or email [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org). NOTE: Check the CHV website for programs that may be added or changed: [www.capitolhillvillage.org](http://www.capitolhillvillage.org).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>28</b>	<b>29</b> Easy Strollers, 9 am, p. 17 Tai Chi, 2–3 pm, p. 17 Petanque, 3 pm, p. 17	<b>30</b> Qigong, 10 am, p. 17	<b>31</b> Mahjong, 3 pm, p. 17 RSVP by 3 pm for Sept. 3 HazMat Pickup	<b>SEPTEMBER 1</b> Qigong, 10 am, p. 17 Games & Puzzles Group, 2–4 pm, p. 12 Signup by 3 pm for Oct. 9 Come From Away play, p. 16	<b>2</b> CHV Office Closes at 3 pm	<b>3</b> Hazardous Waste Pickup, starting 9 am, p. 12
<b>4</b>	<b>5</b> LABOR DAY CHV Office Closed Easy Strollers, 9 am, p. 17 Petanque, 3 pm, p. 17	<b>6</b> Qigong, 10 am, p. 17	<b>7</b> Mahjong, 3 pm, p. 17 History & Bio Book Group, 6 pm, p. 12 RSVP by 3 pm for: Sept. 8 Meet, Walk, View, and Eat; and Sept. 8 Cinephiles	<b>8</b> Qigong, 10 am, p. 17 Meet, Walk, View and Eat, 10:30 am, p. 12 Social Bridge, 1 pm, p. 12 Cinephiles, 6 pm, p. 13	<b>9</b> Cancelled for Sept. Book Pickup, Next pickup on Oct. 7.	<b>10</b>
<b>11</b>	<b>12</b> Easy Strollers, 9 am, p. 17 Tai Chi, 2–3 pm, p. 17 Petanque, 3 pm, p. 17 RSVP by 3 pm for Sept. 14 Lunch Party	<b>13</b> Qigong, 10 am, p. 17 Second Wind Resumes, Noon, p. 17 Village Voices: Delia Neuman, 7 pm, p. 13	<b>14</b> Mahjong, 3 pm, p. 17 CHV Lunch Party: Mr. Henry's Restaurant, 12 Noon, p. 13	<b>15</b> Qigong, 10 am, p. 17 Games & Puzzles Group, 2–4 pm, p. 13 Purls of Wisdom, 4–6 pm, p. 14 RSVP by 3 pm for Purls of Wisdom	<b>16</b> Physio-Balance Class, 12:30 pm, p. 14 RSVP by 3 pm for Sept. 18 Caring for the Caregiver/Ethical Endings talks	<b>17</b> Urban Walkers, 9 am, p. 14
<b>18</b> Rabbi Steve Glazer: caring for the Caregiver and Ethical Endings, 1:30 pm, pp. 10 & 14	<b>19</b> Easy Strollers, 9 am, p. 17 Tai Chi, 2–3 pm, p. 17 Petanque, 3 pm, p. 17 Caregiver Support Group, 6:30 pm, p. 14 RSVP by 12 Noon for Sept. 20 Literary Club	<b>20</b> Qigong, 10 am, p. 17 Second Wind, Noon, p. 17 Village Literary Club, 6 pm, p. 14	<b>21</b> Mahjong, 3 pm, p. 17 RSVP by 3 pm for Sept. 22 Opera Society	<b>22</b> Qigong, 10 am, p. 17 Social Bridge, 1 pm, p. 15 Village Opera Society, 5 pm, p. 15	<b>23</b> RSVP by 3 pm for Sept. 26 New Member Meet & Greet	<b>24</b>
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<b>2</b>	<b>3</b> Easy Strollers, 9 am, p. 17 Tai Chi, 2–3 pm, p. 17 Petanque, 3 pm, p. 17 Village Travel Club, 5 pm, p. 15	<b>4</b> Qigong, 10 am, p. 17 Second Wind, Noon, p. 17	<b>5</b> Mahjong, 3 pm, p. 17 Men's Health Program: Depression & Diet, 12 pm, p. 14 RSVP by 3 pm for Oct. 7 Book Pickup	<b>6</b> Qigong, 10 am, p. 17 Games & Puzzles Group, 2–4 pm, p. 16	<b>7</b> Book Pickup, starting 9 am, p. 16	<b>8</b>

## CAPITOL HILL VILLAGE

### To reach us:

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Connect with CHV at:



To **unsubscribe**, please send an e-mail to [unsubscribe@capitolhillvillage.org](mailto:unsubscribe@capitolhillvillage.org)

To **become a member**, go to [www.capitolhillvillage.org](http://www.capitolhillvillage.org) and click on “Join.” Dues can be paid online through PayPal, or call the office at 202-543-1778.

To **support the Village**, go to [www.capitolhillvillage.org](http://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

Tamara Coln, *Programs & Services Coordinator*

Kara Cooke, *Care Coordinator*

Phil Guire, *President of the Board*

Christopher Rios, *Office Manager*

Molly Singer, *Executive Director*

Melissa Zimmerman, *Care Services Manager*

### Capitol Hill Village News Team

Editor: Karen Stuck

Web Site: Neal Mann

FROM THE EXECUTIVE DIRECTOR

## Who is Capitol Hill Village?

I thought you would be interested to learn more about our membership. We are 483 individual members. The average age of members is 75 years and 1 month; 79 percent of our members are over the age of 70; 27 percent are over the age of 80. We are thrilled to have five members over 100 years old among our group! One of our members lives in the home that she was born in. She's truly *aging in place* and has been all her life!

17 percent of our members receive subsidized membership. 41 percent of our members are male, and 59 percent are female. We have a roughly equal number of household and individual memberships, meaning that about one-third of our members live alone. Across the District of Columbia, 52 percent of seniors live alone. Two-thirds of our members live with another person. Usually this person is a spouse, but we also have siblings living together and parents and children living together. We have five families who have more than two individuals in the household.

In the past year, our membership has grown by 97 members. That's an increase of 25 percent! We have lost 10 members; some have died and some have moved out of the area. I am especially interested and tickled by the “empty nesters” who are moving into the area to retire. The majority of these folks have grandchildren whom they are helping to care for. I find this phenomenon really fascinating and one that has skipped a generation. My sense is that two or three generations ago, it was common for grandparents to live with their children and grandchildren; not live independently. Nowadays seniors live longer and have a stronger mental acuity, better vision, etc., to be more active members of their families and to help take care of grandchildren. Thank goodness for them, and what a wonderful bond they are creating!

Over the past six months, about 20 percent of our new members are



African Americans and Hispanics. This is a terrific boon for our membership as we are always aspiring to ensure that we are as diverse and interesting as our community as a whole.

*Finally, a shout-out to the youngsters!* We have had some increase in younger members under 60. I think this is a result of more people knowing about CHV and wanting to invest in it. Also, we are providing services, referrals, and support to some members around their parents' care. For example, the members live on Capitol Hill, but their parents live in other neighborhoods or states, and we provide advice, referrals, and facilitation to the family.

So, as my father used to say, “ain't we a handsome bunch?!” Thanks to each of you for your engagement and membership in this amazing organization. I continue to be humbled and pleased to work here.

### Save the Date!

What's more wacky and fun than the 2016 CHV Gala? The 2017 CHV Gala!

**Save the date—March 4, 2017.**

We will be kicking off our 10-year anniversary celebration at Gallaudet's beautiful Kellogg Conference Center and hotel with a theme even more wonderful than last year's and a range of fantastic auction items, salon dinners, and more! Stay tuned for details.

If you want to be a part of the planning fun, contact Molly Singer: [msinger@capitolhillvillage.org](mailto:msinger@capitolhillvillage.org) or call the CHV office 202-543-1778.

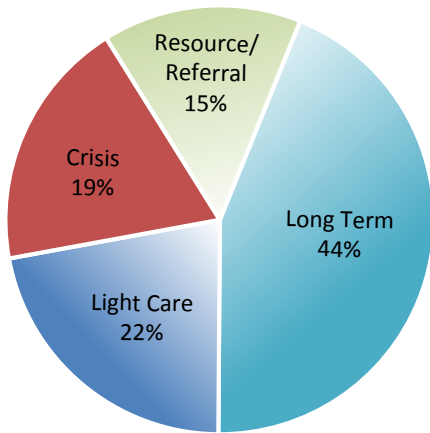
FROM THE PRESIDENT

# The Challenge Looking Ahead: Continuing High Level CHV Services

September is a month of looking both forward and backward at Capitol Hill Village. We are closing out our fiscal year and looking forward to the next one. So, we have lots of reports on services rendered, member activities, and similar statistics.

I am always proud and amazed at the depth of our services. Interestingly, by reviewing the work of the past year, we are better prepared to look forward so that we can respond to trends. This was part of the thinking behind the Board of Directors approval of an increase in membership dues beginning in January 2017 (see page 1).

**Care Services: % of Time Spent by Service Level**



This was an easy and obvious decision for the Board to make because we are dedicated to providing the highest quality services to members, and we know that the increase is long overdue. It has been eight years since the last increase. Also, we know that we manage the organization very closely and rely on the work of volunteers and in-kind donations whenever we can in order to keep expenses low. Indeed, the numbers of volunteers and volunteer hours are increasing to meet the growing demand for services.

I was surprised to see how much our Care Services team (of two) has been doing compared to just a year ago. The table below demonstrates the work in care services in June 2015 compared to the same month in 2016. What's remarkable to me is not just that there are more demands for care services, but that the intensity of need is increasing. The pie chart shows that nearly two-thirds of our social workers' time is spent on highest need members. Currently about 20 percent of CHV's 483 members are engaged in some aspect of care service. As always, I am glad and relieved that Capitol Hill Village is here for the community at large.



Phil Guire, CHV Board President

It's not just care services. Did you know that we are fulfilling an average of 21 service requests a day during our busy time? Summer has been slow, but in April, May, and June we were averaging over 400 requests a month! I have to applaud the staff and their creative work to meet the increasing demand for services. Please join me in thanking them whenever you can!

I am pleased to be a member of Capitol Hill Village and able to support our growing programs. Likewise, I know that my time volunteering, both as a board member and as a volunteer for neighborhood tasks, is appreciated and time well spent. While the increase in dues represents growing pains of the organization I am witness to the increase in quality and quantity of services to members. Nevertheless, I welcome the opportunity to speak with you about the changes. If you have any questions, you can reach me at [president@capitolhillvillage.org](mailto:president@capitolhillvillage.org) or call the office 202-543-1778 and leave a message and I will phone you back.

CHV Care Services Team, Work by Service Level	Number of Members	
	JUNE 2015	JUNE 2016
<b>Level 1: Ad Hoc Resources/ Referrals</b> legal services, home care, OT/PT, medical, aging resources	33	19
<b>Level 2: Care Management Light</b> transition planning, monitoring, social services, joint replacement consult	15	31
<b>Level 3: Long-term Care Coordination</b> ongoing case management, weekly check-ins, VC	12	22
<b>Level 4: Crisis Intervention</b> short term, high involvement, frequent contact	5	10
<b>Total Members</b>	65	81

# CHV Dues Increase Reflects Growing Service Needs *continued from page 1*

“Ten years ago many founding members said that they were members because they wanted Capitol Hill Village to be here when they needed it,” reflected Executive Director Molly Singer. “They were volunteers then so that they could call on volunteers when they needed them. Well, that day is today. Many members are using more volunteer services and are seeking our Care Services to help them navigate the issues in their lives. This is exactly why we are here.”

Singer also pointed out other factors that CHV is addressing and will continue to address. Because people are healthier and we have a medical system that can make us well, people are living longer. And because they are living longer, a growing proportion of our membership requires more intensive services, more volunteer assistance, and a greater quantity of our time, she said.

“We are pleased and honored to provide this time, and we know that members without any pressing issues don’t begrudge the high-need members the services they require,” said board president Phil Guire. “This is the mission of Capitol Hill Village. Our slogan ‘neighbors helping neighbors,’ applies to shoveling the walk and ensuring that Capitol Hill Village is here for our frail neighbors. Nevertheless, the reality is that the cost of being Capitol Hill Village is increasing.”

The reality of a growing proportion of older members is becoming the new normal. And, as usual, Capitol Hill Village is ahead of its peers in addressing this issue.

Capitol Hill Village has worked to diversify funding in three important ways. First, we are seeking investments from foundations, corporate partners, and government agencies. In the past

**CAPITOL HILL VILLAGE DUES  
BEGINNING JANUARY 1, 2017**

Category	Current	New
Social Individual	\$530	\$625
Social Household	\$800	\$925
Regular Individual	\$530	\$625
Regular Household	\$800	\$925
Urgent Individual	\$800	\$900
Urgent Household	\$1,200	\$1,350
Mem+ < \$37,500 - Individual	\$100	\$125
Mem + < \$43,000 Household	\$150	\$175
Mem+ < \$48,000- Individual	\$200	\$225
Mem + < \$55,00 Household	\$300	\$325

12 months, CHV has received funding from all of these sectors to support programs and services.

Second, we are working to attract more members who are younger or otherwise not on the likely trajectory to need services in the near future. These members essentially subsidize the Care Service clients. In the past year, CHV has more than doubled the number of members under the age of 60—from 13 to 29.

Singer is looking further forward to ensure an underpinning of support for CHV programs that we know keep seniors healthy.

“My goal over the next year is to engage more stakeholders from the health sector to invest in Capitol Hill Village,” she said. “Through the Affordable Care Act, health providers are expected to measure their success on wellness and on ensuring that patients stay out of the hospital. We know that seniors stay safe, healthy, and mentally engaged through their engagement with CHV. So we need to figure out how to get health partners to put a value on preventing sickness and ensuring wellness. We are in the midst of great conversations, which I am confident will blossom into strong partnerships.”

CHV also created two new forms of revenue in 2016. First, is a consulting service where community members, who are not CHV members but need some assistance around aging issues, come for resources and referrals. For example, one client, who is not a CHV member, has a parent in Ohio who needed to get connected to aging services and understand the community options available to him. CHV staff knowledgeably researched the options in the county in Ohio and connected the Capitol Hill resident, her father, and the local service provider.

This represented about two hours of conversation and research to give answers and resources that the individual did not have the knowledge, experience, or network to find.

Second, last April, CHV created an Urgent Membership category for individuals who have not previously been members but are experiencing a health or family crisis. Individuals or households can join and engage the Care Services and volunteer services.

**How does CHV compare to other DC villages?** CHV dues are now 3 to 4 percent higher than other DC Villages, but CHV is confident that the value of the services exceeds the cost increase. CHV has more social and educational programs, care services, resources and referrals, and service partnerships than other DC villages.

Members with questions or concerns about the increase in dues should contact Executive Director Molly Singer at [msinger@capitolhillvillage.org](mailto:msinger@capitolhillvillage.org), board president Phil Guire at [president@capitolhillvillage.org](mailto:president@capitolhillvillage.org), or call the CHV office at 202-543-1778.

*For more information, see the President’s column on page 4 and the Executive Director’s column on page 3.*

# Slow and Easy

By Vira Sisolak

Exercise has never been easier for members of Capitol Hill Village.

The Village now sponsors three exercise classes suitable for people of all abilities, and they're free to CHV members. The teachers have extensive knowledge of their specialties, and they always encourage attendees to exert themselves only as far as they're comfortable doing so. Now is an excellent time to try one of these activities.

The most recent addition to the lineup is tai chi, a Chinese exercise program based on Taoist and Confucian philosophy that can take many forms. The version offered to Village members is a slow-movement activity with benefits that include improved cardiorespiratory function, strength, balance, and flexibility, along with stress reduction. The class is held every Monday from 2:00 to 3:00 p.m. at the Townhomes of Capitol Hill, 750 Sixth St. SE. It is led by Dr. David Walls-Kaufman, who will teach the class on the third Monday of every month; Liz Layton, his longtime student and a member of the Village, will lead the other sessions. Reservations are required.

A second exercise opportunity open to Village members is qigong, a discipline similar to tai chi but one that incorporates different movements (see <http://www.livescience.com/38192-qigong.html>). CHV member Joni Bell has been leading a class in qigong for several years and has been a practitioner of the art for almost 20 years. It's an individual mind-body



Choose from qigong (top), a balance class (left), taking an easy stroll with other members (above) or tai chi for a free and easy exercise class at your own level of exertion.

exercise that has resulted in improved strength and balance for Joni, helping her deal with the effects of multiple sclerosis. Her class meets at 10:00 a.m. every Tuesday and Thursday at Capitol Hill Presbyterian Church, Fourth St. and Independence Ave. SE. Reservations are not required.

Our third easy activity is the ongoing Balance Class taught by a physical therapist from Physiotherapy

Associates. The class meets at noon on the third Friday of each month at the Southeast Library, 403 Seventh St. SE. The focus is on activities that will improve strength and agility, with an eye to preventing falls. Reservations are not required.

Finally, for something a little less structured than those three classes — and now that the weather will soon begin to cool — you might consider joining Easy Strollers, a CHV group that walks at 9:00 am each Monday at Congressional Cemetery. My husband and I have been leading these walks for a year now and those who have joined us find them a great way to begin their week. We meet at the gatehouse to the cemetery (1801 E St. SE) and walk at a casual pace for 45 minutes. Those who cannot walk for that length of time can stop to rest at one of the many benches scattered around the cemetery. Reservations are not required.

Members can obtain rides to these activities by contacting the CHV office: 202-543-1778.

## Yoga Anyone?

Do you enjoy doing yoga? If you are interested in a senior-friendly yoga class, let us know. This is not the competitive, turn-inside-out, risk-injury yoga. It is gentle improve-your-balance-and-flexibility yoga. If you are interested, we want to hear from you. Send an email to CHV intern Meghan Wrinkle at [mwrinkle@capitolhillvillage.org](mailto:mwrinkle@capitolhillvillage.org) or call the CHV office at 202-543-1778 to let us know if this sounds like a good idea to you.

## WELLNESS CAFÉ

# Laughter for the Health of It!

Get ready for an introduction to Laughter Yoga exercises, a series of breathing and light movement exercises designed to reduce stress and strengthen the immune system. Laughter Yoga is for anyone, at any age or fitness level. Participants will meet Diane Cohen, owner of Coaching2Connect and a Certified Laughter Yoga Leader. No mats or yoga experience needed, only comfortable clothing and the ability or willingness to laugh.

The fun starts at lunchtime on October 19 at St. Peter's Parish Hall, 313 Second St. SE. To learn more or sign up contact CHV: 202-543-1778.

## Speaking of good eating...

In May, Stacy Peterson from Acceleration Sports talked about "Cooking for Bone Health," and led participants in preparing Fresh Veggie Collard Wraps. The recipe follows:

*3 collard leaves, cut in half along the thick seam*

*½ cup fresh hummus*

*2 carrots, cut into matchsticks*

*1 cucumber, gutted and cut into matchsticks*

*1 avocado, thinly sliced*

*4 oz. salmon lox*

Using a knife, gently shave down the middle stem of the collard leaf to remove the stem. Slather the leaf with hummus. Lay fresh veggies and salmon on bottom quarter of the leaf. Roll from bottom to the top, and use a toothpick to keep it intact.

*NOTE: If you need to tone down the raw greens for digestive reasons, blanch the leaves by pouring boiling water into a bowl and dipping them, coating completely for a few seconds. Then run the leaf under cold water and pat dry.*



# Voices Returns from Summer Vacation

*Meet and learn from your illustrious Capitol Hill neighbors in informal, free, public discussions about social, economic, and political topics.*

## September 13: School Libraries—Learning Spaces for Today and Tomorrow

School libraries are still seen by many as fusty, musty places with boring collections and stern librarians. But that stereotype hasn't been true for a long time. Today's school libraries are centers for imagining, for interacting with the future, for problem solving, and for creating knowledge. And, they're essential to helping children understand how to navigate our rich information environment.

Delia Neuman has dedicated her career to preparing school librarians to work in progressive libraries and to studying how individuals, particularly children, use information and information resources as tools for learning. She will discuss the role of today's school libraries and librarians and their impact on new models of learning and information use.

Delia is Professor Emerita at Drexel University, where she recently retired

as the director of the College of Computing & Informatics' School Library Media (SLiM) Program.

## October 18: A Decades Long Search for Clues to Nazi War Crimes

Henry Mayer, Advisor on Archives at the U.S. Holocaust Memorial Museum, does not wear a deerstalker cap or carry a magnifying glass, but he did spend years searching for Alfred Rosenberg's diary, which held many secrets to Nazi war crimes and many of the machinations behind the Holocaust.

Alfred Rosenberg's ideas, writings, and speeches became a formative part of Nazi ideology. He was a confidant of Adolf Hitler and instrumental in the "Final Solution." Mayer undertook a 17-year search for Rosenberg's diary, which consists of more than 400 pages of loose-leaf papers covering 1936 through 1944. During that time, Rosenberg was responsible for looting valuables in lands occupied by the Nazis and planning Nazi rule of conquered Soviet territories.

Mayer will discuss his search and findings. He followed clues about the



Henry Mayer

diary and leveraged several non-profit and federal agency partners to track it down among dealers, historians, and others. In 2013, U.S. Immigration and Customs Enforcement special agents in Wilmington, Delaware, tracked the diary to an individual in upstate New York. They later seized it

\* \* \* \* \*

Village Voices programs are from 7:00-8:00 p.m. at the Northeast Public Library, 330 Seventh St. NE. Call 202-543-1778 or e-mail [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org) to register or to request a ride. Reservations are not required, but are preferred. Programs are open to the public.

## Passages...

Frank Davis Allen Jr., a long time Capitol Hill resident and founding board member and dedicated supporter of Capitol Hill Village died August 11 of complications from leukemia. Frank loved singing with Second Wind, and with his 1993 pick-up truck was a regular on the Village's hazardous waste collection service at the beginning of each month.

A Memorial Service will be held at 2:00 p.m. September 10 at Capitol Hill Presbyterian Church, 201 Fourth St. S.E., with visitation beginning at



Frank Allen, Jr.

12:30 p.m. in the Fellowship Hall. In lieu of flowers, the family requests donations be made in Frank's memory to Capitol Hill Village's

Rogers Fund, which serves low income community members, at [www.capitolhillvillage.org/donate](http://www.capitolhillvillage.org/donate) or to Capitol Hill Village, 725 Eighth St. S.E., Washington, D.C. 20003.

\* \* \* \* \*

*"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](mailto:karenstuck@comcast.net). Please confirm that the member or their family/representative agrees with publishing the information.*



# Village Theater Group Sets 2016-17 Season Line-up



Once again, CHV theater fans will have the opportunity to see outstanding productions offered by local theater companies at discounted prices, courtesy of the Capitol Hill Village Theater Group.

Nine shows have been selected for this season, and CHV members will be able to attend by purchasing tickets the Village has bought at the group rate. In order to get the group rate, tickets must be purchased several weeks in advance, and these deadlines will appear in the CHV News.

There will be one show offered each month, from October through June. Signup deadlines for the first two are in September. Here is this season's roster of shows:

**October 9 (Sunday matinee):** *Come from Away* at Ford's Theater. East Coast premiere of acclaimed musical on its way to Broadway after its DC run. Signup deadline is September 1.

**November 13 (Sunday matinee):** *Carousel* at Arena Stage. Voted by Time as the best 20th Century musical; directed by Molly Smith and featuring Nicholas Rodriguez and Faye Butler, stars in Arena's outstanding production of *Oklahoma*. Signup deadline is September 30.

**December 11 (Sunday matinee):** *Moby Dick* at Arena Stage. Innovative production by Chicago's Lookingglass Theater Company.

**January (date TBD):** *Copenhagen* at Theater J. Tony award-winner by Michael Frayn about a conversation



between rival physicists Niels Bohr and his German rival as they worked on the atomic bomb during World War II.

**February 11 (Saturday matinee):** *As You Like It* at the Folger Theater (need we say more!).

**March 12 (Sunday matinee):** *Charles III* at the Shakespeare Theater Company. The future reign of the current Prince of Wales, in blank verse.

**April (date TBD):** *Blood Knot* by Mosaic Theater Company, at the Atlas Performing Arts Center. By acclaimed South African playwright Athol Fugard.

**May (date TBD):** *Or* at Round House Theater, Bethesda. Directed by DC's award-winning Aaron Posner.

**June (date TBD):** *School for Lies* at Shakespeare Theater Company. Restoration comedy based on Moliere, with the unmistakable, masterful touch of David Ives.

After the Village acquires tickets for each show, that show will be listed in the Events Calendar on the CHV webpage, and members will be able to purchase tickets. High demand is anticipated for a number of these productions, so early sign-up is highly encouraged to avoid missing out. If the number signed up before the deadline exceeds the number of tickets reserved by the Village, we can usually arrange with the theater for additional tickets, but there is no guarantee that the theater will have seats available if demand has been especially high.

Members can reserve tickets for themselves and guests by calling or emailing the Village office at [202-543-1778](tel:202-543-1778) or [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org) before the specified deadline. Special audio, visual or mobility needs can be accommodated, but those needs must be made known to the Village well in advance of the deadline so arrangements can be made with the theater. For most shows, members have the option of attending a post-show get-together to discuss the production, either at a member's home or at a restaurant convenient to the theater or on the Hill.

If you are interested in the theater and would like to be included on the Village Theater Group's e-mail list to receive occasional mailings about theater-related events, discount offers, or unused tickets that members have available, please let the CHV office know and Eileen Leahy, the group leader, will add you to the mailing list.

# A Focus on Caring for the Caregiver

Some of us have already faced the “burden” of being a caregiver, and more will. Although there is a good deal of literature and advice on caregiving, the topic of “caring for the caregiver” is sometimes overlooked.

On September 18, Capitol Hill Village is co-sponsoring a program featuring



Rabbi Steve Glazer

Rabbi Steve Glazer, a congregational rabbi for over 40 years and one of the founders of Clergy Against Alzheimers. He will speak on “Caring for the Caregiver—Jewishly,” and “Empowering Ethical Endings.”

Rabbi Glazer will address questions such as how Judaism addresses the role of caregivers and what Judaism has to say about “death with dignity.”

The program begins at 1:30 p.m. at The Corner Store, 900 South Carolina Ave SE. A suggested donation of \$10 per person is requested to benefit Hill Havurah and to cover expenses.

To sign up, call the CHV Office at 202-543-1778 or email [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org). Refreshments will be served.

Rabbi Glazer is co-editor of *Seasons of Caring: Meditations for Alzheimer's and Dementia Caregivers*, which received the 2015 Today's Caregiver Friendly Award. More on his background may be found at [glazerconsulting.com](http://glazerconsulting.com).

*Editor's Note: The December 2015 "CHV News" contains a report on the CHV Symposium, "Conquering the Challenges of Caregiving." On the third Monday of every month, CHV partners with Iona Senior Services to offer a support group for spouses, partners, adult children, and others who are coping with the challenges of being a caregiver for someone with dementia or memory loss. See the Events Listing on Page 15 for more information.*

## Wedding bells at Capitol Hill Village!



Melissa Zimmerman is getting married on September 4, and we want to embrace her with the full CHV hug. We are creating a wedding gift, but need your input.

We want 365 pieces of good advice, tips, and ideas for a successful marriage.

Please send your best marriage thoughts—as many bits, pieces of fun, or wisdom as you wish. You can either call them into the office, email [msinger@capitolhillvillage.org](mailto:msinger@capitolhillvillage.org), or [complete this form](#) online to give your advice. Feel free to have us attribute it to you, or not.

## Opinions and \$20—Everyone Has One and Wants the Other

Prove the impact of villages and earn money in 15 minutes!

You know the Village is a worthwhile model, and now is the time to prove it through research. CHV members are encouraged to participate in a national study of village members to see how villages make a difference in people's lives and communities.

We need lots and lots of volunteers to participate in a 15-minute phone interview conducted by professionals (these are not graduate students).

The interview is confidential, and your phone number will be used only to call you—it will not be given or sold to anyone else.

What's in it for you? If you participate, you will receive a \$20 gift card. Molly Singer is collecting names and phone numbers of volunteers for the survey. Please contact her by email: [msinger@capitolhillvillage.org](mailto:msinger@capitolhillvillage.org) or phone 202-543-1778 if you can participate, and she hopes you will.



## Transportation—Changing Your Options

CHV has been approached by a local transportation company that is interested in offering round-trip rides during the day (between 10 a.m. and 3 p.m.) on or very near to Capitol Hill for \$5 to \$10. These would be regularly scheduled trips to fixed destinations with driver help as needed (such as lugging groceries to your doorstep). For example, in one time-slot, the van would pick you up from home, take you to the grocery store, and then return you from the grocery store to your home. These trips are meant for multiple individuals—so there would be a few other pickups and then a drop



at the destination. The van would not be wheelchair accessible.

Other possibilities would be weekly trips to the Hayes Senior Center for fitness classes or to the library—any regularly recurring trip to a Hill destination for which you need a ride. The trips would pick up 3–5 people and go to said destination, so it would not be like a taxi providing individualized services.

If you would be interested in such a service and willing to pay \$5–10 per round trip, please let Molly Singer know at 202-543 1778 or [msinger@capitolhillvillage.org](mailto:msinger@capitolhillvillage.org).

## Is it Time to Re-Serve Your Skills to the Community?

Do you ever think “I’m 55+—what is next in my life?” Do you have expertise and are you thinking about how to spend your time and give back?

ReServe is looking for experienced professionals over the age of 55 who want to contribute to their communities and add joy to their own lives. To learn more, attend “First Impressions” from 1:00–2:30 p.m. September 27 at the Southeast Neighborhood Library, 403 Seventh St. SE.

ReServe is an innovative nonprofit founded in 2005 that leverages skills and



From tutoring to helping a nonprofit revamp their database, there is a need for your skills and ReServe will help you find it.

talents of experienced professionals for social good by connecting individuals seeking meaningful engagement through part-time volunteer opportunities with local non-profits and government agencies. “ReServists” are paid a stipend for their service.

ReServists provide direct services, administrative support, and capacity-building expertise in schools, social service agencies, cultural institutions, and public agencies. Many use their experience with ReServe to launch new careers in the nonprofit sector.

To learn more about ReServe, visit the website at [www.reserveinc.org](http://www.reserveinc.org). Go to <http://tinyurl.com/j3ytbnl> to register for First Impressions.

If you have questions or to confirm your registration, please call Susan Sarfati at 202-365-3440.

## Men’s Health Program—Depression and Diet

Capitol Hill Village and MedStar Washington will offer a program examining two major concerns of men’s health. The first session will address depression, loneliness, and anxiety. After introductory remarks by a MedStar psychologist we will break into smaller groups to discuss these issues and how to deal with them. Next, we’ll explore nutrition and life style choices for men, especially those of us who live alone. A major focus will be on how to prepare nutritious meals. CHV will provide a box lunch.

The program will be offered Wednesday, October 5, 12 Noon-3:30 p.m. and will be held at the Northeast Neighborhood Library, 330 Seventh St. NE. Open to all, but reservations are required. The signup deadline is 3 p.m., Tuesday, October 4. Call the Office if you would like a ride 202-543-1778.



## Save the Date!

*In case you missed this on page 3...*

What’s more wacky and fun than the 2016 CHV Gala? The 2017 CHV Gala!

Save the date—March 4, 2017. We will be kicking off our 10-year anniversary celebration at Gallaudet’s beautiful Kellogg Conference Center and Hotel with a theme even more wonderful than last year’s and a range of fantastic auction items, salon dinners, and more! Stay tuned for details.

If you want to be a part of the planning fun, contact Molly Singer: [msinger@capitolhillvillage.org](mailto:msinger@capitolhillvillage.org) or call the CHV office 202-543-1778.

# Upcoming CHV Events for September 2016

Check the CHV website for programs that may be added: [www.capitolhillvillage.org](http://www.capitolhillvillage.org)

Thursday, September 1, 2:00–4:00 p.m.

Labyrinth Games & Puzzles, 645 Pennsylvania Ave. SE

## Games and Puzzles Group

Join other CHV members and their friends for two hours of brain-stretching, bantering fun. Owner Kathleen and her colleagues will introduce you to new games that they like, and teach you to play them.

*Open to All*

Saturday, September 3, starting at 9:00 a.m.

Your home

## Hazardous Waste Pickup

**NOTE: Signup deadline is Noon, Thursday, September 1**

Hazardous materials and personal papers will be picked up from CHV members' homes for delivery to the District's safe disposal site. Personal papers (medical records or financial files) will be shredded at the drop-off site and viewed by the CHV delivery team to ensure they are destroyed.

Hazardous wastes for pickup include paint, house cleaners, batteries, televisions, computers and their accessories, video equipment, and other items not accepted in weekly home trash pickup.

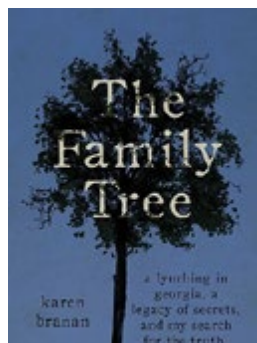
Capitol Hill Village recommends that you remove your hard drive from computers you are disposing in the pick up. If you need assistance doing so, call the Village office at 202-543-1778 or e-mail [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org) to arrange for a volunteer to assist with the drive.

*Members Only*

Wednesday, September 7, 6:00 p.m.

Member's Home; nine steps and second-floor bathroom

## History & Biography Book Group



The group will discuss *The Family Tree* (2016) by Karen Branan, a gripping story of privilege and power, anger and atonement that transports readers to a small Southern town steeped in racial tension and bound by powerful family ties. Branan takes us back in time to the Civil War, the aftermath of 20th century racial politics, and

Please RSVP to all events, and let the CHV office know if you need a ride, by calling 202-543-1778 during regular office hours (9 am to 5 pm) or by e-mailing [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org)

an awful day in 1912 when a black woman and three black men, all innocent, are lynched in retaliation for the killing of a white man. Branan, a journalist and Capitol Hill resident, traces her own complex family history to both the presiding sheriff and one of the murdered victims.

*Members*

Thursday, September 8, 10:30 a.m.

First and E. Capitol Streets SE, at the E. Capitol St. entrance to U.S. Capitol Grounds

## Meet, Walk, View and Eat

**NOTE: Signup deadline is 3 p.m., Wednesday, Sept. 7**



Need an impetus for going to the National Gallery of Art? Gather with other CHV members for a walk and once there, choose your own viewing agenda.

Check the NGA website

for current exhibits at: <http://www.nga.gov/content/ngaweb/exhibitions/current.html>. At 1 p.m., meet in the Cascade Café for lunch together; then walk back up the hill or resume your own gallery viewing. (Note: It is not permitted to bring your own food into the Café.)

*Members and Social Members*

Thursday, September 8, 1:00 p.m.

Private Home

## Social Bridge Group

Do you know how to play bridge, or would you like to learn/relearn? We hope to have fun playing bridge while trying to reach consensus about how to bid. No master points involved. Come join us! Please RSVP by calling the CHV office at 202-543-1778 or e-mail [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org).

*Members and Social Members*

► *continued on page 13*

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# CHV Events for September 2016 *continued from page 12*

Check the CHV website for programs that may be added: [www.capitolhillvillage.org](http://www.capitolhillvillage.org)

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Thursday, September 8, 6:00–7:30 p.m.

Member Home

## Cinephiles

**NOTE: Signup deadline is 3 p.m., Wednesday, Sept. 7**

Participants will discuss one or more of the following films: *Florence Foster Jenkins*, *Anthropoid*, *Miss Sharon Jones*, *Equity*, and *Indignation*.

*Members and Social Members*

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Tuesday, September 13, 7:00-8:00 p.m.

Northeast Public Library, 330 Seventh St. NE

## Village Voices: School Libraries—Learning Spaces for Today and Tomorrow



School libraries are still seen by many as fusty, musty places with boring collections and stern librarians. But that stereotype hasn't been true for a long time. Today's school libraries are centers for imagining, for interacting with the future, for problem solving, and for creating knowledge. And, they're essential to helping children understand how to navigate our rich

information environment. Delia Neuman has dedicated her career to preparing school librarians to work in progressive libraries and to studying how individuals, particularly children, use information and information resources as tools for learning. She will discuss the role of today's school libraries and librarians and their impact on new models of learning and information use. Delia is Professor Emerita at Drexel University, where she recently retired as the director of the College of Computing & Informatics' School Library Media (SLiM) Program.

Call the CHV Office at 202-543-1778 or e-mail [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org) to register or to request a ride.

*Open to all*

**Please RSVP to all events, and let the CHV office know if you need a ride, by calling 202-543-1778 during regular office hours (9 am to 5 pm) or by e-mailing [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org)**

Wednesday, September 14 at 12:00 Noon

Mr. Henry's Restaurant, 601 Pennsylvania Ave. SE

## CHV Lunch Party

**NOTE: Signup deadline is 12 p.m., Monday, Sept. 12**

Join us for a burger, salad, or sandwich at this iconic Capitol Hill restaurant. There will be a choice of four entrees that include chips and slaw. The \$15 price includes non-alcoholic beverages, taxes, and gratuities. Alcoholic beverages will be charged separately. CASH ONLY



*Members, Social Members, Volunteers, Potential Members*

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Thursday, September 15, 2:00-4:00 p.m.

Labyrinth Games & Puzzles, 645 Pennsylvania Ave. SE

## Games and Puzzles Group

Join other CHV members and their friends for two hours of brain-stretching, bantering fun. Owner Kathleen and her colleagues will introduce you to new games that they like, and teach you to play them.

*Open to All*

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Thursday, September 15, 4:00-6:00 p.m.

East City Bookshop, 645 Pennsylvania Ave. SE

## Purls of Wisdom

**NOTE: Signup deadline is 3 p.m., Thursday, Sept. 15**

Bring your needles and sense of fun to join other friends and Village members for a few hours of knitting in the bookstore. There will not be lessons or technical assistance; this is for folks with some level of knitting experience. Reservations required.



*Members, volunteers, friends*

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► *continued on page 14*

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# CHV Events for September 2016 *continued from page 13*

Check the CHV website for programs that may be added: [www.capitolhillvillage.org](http://www.capitolhillvillage.org)

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Friday, September 16, 12:30-1:30 p.m.

Southeast Neighborhood Library, Seventh and D Streets SE  
(accessible entrance on D Street)

## Physio-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 volunteer physical therapist from Physiotherapy Associates. Reservations required.

*Members, Social Members, Volunteers, Guests.*

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Saturday, September 17, 9 a.m.-Noon

Meet at Lincoln Park

## Urban Walkers

This is a walk to Kingman Island. We will walk from Lincoln Park, down East Capitol Street, to the bike path lining the improving Anacostia River, and then to



Kingman Island, an oasis on the fringe of Capitol Hill. This is a 4- to 5-mile hike, most of which will be shaded. The island walk, about half the distance, will be on uneven and possibly muddy dirt paths. Wear sturdy shoes and bring your walking stick, if you have one. Binoculars would be useful to look for the more than 100 bird species that inhabit the area. Reservations required.

*Open to all*

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Sunday, September 18, 1:30-3:30 p.m.

The Corner Store, 900 South Carolina Ave. SE

## “Caring for the Caregiver—Jewishly” and “Empowering Ethical Endings”

**Note: signup deadline is 3 p.m., Friday, September 16**

Rabbi Steve Glazer, a congregational rabbi for over 40 years and one of the founders of Clergy Against Alzheimer’s, will speak on the topics of “Caring for the Caregiver—Jewishly” and “Empowering Ethical Endings.” He will address such questions as how Judaism addresses the role of caregivers, and what Judaism has to say about “death with dignity.”

**Please RSVP to all events, and let the CHV office know if you need a ride, by calling 202-543-1778 during regular office hours (9 am to 5 pm) or by e-mailing [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org)**

Refreshments will be served. A suggested donation of \$10 per person is requested. Reservations required.

*Open to all*

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Monday, September 19, 6:30-8:00 p.m.

Northeast Neighborhood Library, 330 Seventh St. NE

## Caregiver Support Group

Capitol Hill Village and Iona Senior Services are partnering to offer a support group 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 or memory loss. Join us to share your experience and to get support and helpful information. The group is led by a professional from Iona,



To sign up, please contact the Village office at 202-543-1778 or email [mzimmerman@capitolhillvillage.org](mailto:mzimmerman@capitolhillvillage.org). For more information, feel free to contact the group facilitator, Bill Amt, at [bamt@iona.org](mailto:bamt@iona.org)

*Open to all*

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Tuesday, September 20, 6-7:30 p.m.

Private Home

## Village Literary Club

**NOTE: Signup deadline is 12 noon, Monday, Sept. 19**

In September, the Village Literary club will read *The Bostonians* by Henry James (1886, 400 pp). In *The Bostonians*, a conservative Southern lawyer (Basil Ransom) and a Boston feminist (Olive Chancellor) compete for the affections of Chancellor’s young and beautiful protege. *The Bostonians* is James’ most political novel, more satiric than most of his other works, and peopled by a collection of eccentric characters—political reformers, feminists, cynical journalists, and spiritualists. It is James’ take on the role of

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# CHV Events for September/October 2016 *continued from page 14*

Check the CHV website for programs that may be added: [www.capitolhillvillage.org](http://www.capitolhillvillage.org)

women. Controversial in his lifetime, the novel feels very relevant today. It should stimulate some good discussion. Reservations required.

*Members and social members*

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Thursday, September 22, 1:00 p.m.

Private Home

## Social Bridge Group

Do you know how to play bridge, or would you like to learn/relearn? We hope to have fun playing bridge while trying to reach consensus about how to bid. No master points involved. Come join us! Please RSVP by calling the CHV office at 202-543-1778 or e-mail [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org).

*Members and Social Members*

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Thursday, September 22, 5:00-6:30 p.m.

Private Home

## Village Opera Society

**NOTE: Signup deadline is 3 p.m., Wednesday, Sept. 21**

We start our sixth year this September. Unless an exciting guest speaker appears in the next month, we will have a discussion of the Washington National Opera's first production of the new season, *The Marriage of Figaro*. Two days later, at 7:00 p.m. on September 24, *Figaro* will be simulcast at Nationals Park for "Opera in the Outfield," and some of us will attend. This is always a fun, free event, suitable for children, non-opera lovers, and beer drinkers, as well as opera lovers.

*Members and Social Members.*

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Monday, September 26, 3:30-5:00 p.m.

CHV Office, 725 8th Street SE, 2nd Flr.

## New Member Meet and Greet

**Note: Signup deadline is 3:00 p.m., Friday, Sept. 23**

Join us for a new-member orientation, meet and greet. We want to make sure that all members of Capitol Hill Village feel well-connected to other members and take full advantage of our programs and services. This is a quarterly meet-and-greet so we can all get to know each other better. Also, your experience with the Village can be invaluable, so come and share the things you love about the Village with your neighbors. Reservations required.

*Members*

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Saturday, October 1

Your home

## Hazardous Waste Pickup

**NOTE: Signup deadline is 12 Noon, Thursday, Sept. 29**

Hazardous materials and personal papers will be picked up from CHV members' homes for delivery to the District's safe disposal site. Personal papers (medical records or financial files) will be shredded at the drop-off site and viewed by the CHV delivery team to ensure they are destroyed.

Hazardous wastes for pickup include paint, house cleaners, batteries, televisions, computers and their accessories, video equipment, and other items not accepted in weekly home trash pickup.

Capitol Hill Village recommends that you remove your hard drive from computers you are disposing in the pick up. If you need assistance doing so, call the Village office at 202-543-1778 or e-mail [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org) to arrange for a volunteer to assist with the drive.

*Members Only*

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Monday, October 3, 5:00-6:30 p.m.

Private Home

## Village Travel Club

This is the first meeting of the year, and we will be catching up with CHV member travel adventures over the summer as well as making plans for the coming year. Bring your ideas, and help design an exciting year of travel—including day-trips in the surrounding area, overnight trips, and perhaps some adventures spanning several days. Travel Club meetings are open to all CHV members, and are a great way to meet new friends and to get insights from experienced travelers.

*Open to all*

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Wednesday, October 5, 12 Noon-3:30 p.m.

Northeast Neighborhood Library, 330 Seventh St. NE

## Men's Health Program—Depression and Diet

**Note: Signup deadline is 3 p.m., Tuesday, October 4**

Capitol Hill Village and MedStar Washington will offer a program examining two major concerns of men's health. The first session will address depression, loneliness,

► *continued on page 16*

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# CHV Events for October/November 2016 *continued from page 15*

Check the CHV website for programs that may be added: [www.capitolhillvillage.org](http://www.capitolhillvillage.org)

and anxiety. After introductory remarks by a MedStar psychologist we will break into smaller groups to discuss these issues and how to deal with them. Next, we'll explore nutrition and life style choices for men, especially those of us who live alone. A major focus will be on how to prepare nutritious meals. CHV will provide a box lunch.

*Open to all*

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Thursday, October 6, 2:00-4:00 p.m.

Labyrinth Games & Puzzles, 645 Pennsylvania Ave. SE

## Games and Puzzles Group

Join other CHV members and their friends for two hours of brain-stretching, bantering fun. Owner Kathleen and her colleagues will introduce you to new games that they like, and teach you to play them.

*Open to All*

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Friday, October 7, starting at 9 am

Your home

## Book Pickup

**NOTE: Signup deadline is 3 pm, Wednesday, Oct. 5**

Books, CD's, videos or DVD's are picked up for donation to the Friends of the Southeast Neighborhood Library. Please call the office to let CHV know the quantity of items you have and to receive instructions for the pickup. (Place items in a visible area outside your home, labeled.)

*Members only*

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Sunday, October 9

Ford's Theater, 511 10<sup>th</sup> St. NW

## Come From Away

**Note: Signup deadline is 3 p.m. Thursday, September 1**

This is the East Coast premiere of the acclaimed musical on its way to Broadway after its DC run. *Come From Away* tells the true story of how a small Canadian town cared for 6,579 airline passengers stranded there on 9/11 when their flights were diverted from landing in the United States. The town of Gander doubled in size, hosting an international community of strangers and offering food, shelter, and friendship. Featuring a rousing score of folk and rock, this musical "honors the better angels of our nature, revealing hope and humanity in a time of darkness." Tony

Award-nominated director Christopher Ashley makes his Ford's Theater debut with this production.

Discounted tickets are \$47 for front-center orchestra seating. **To reserve, call or email the Village office (202-543-1778 or [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org)) by 3 p.m. September 1.** When you make your reservation, let the Village know whether you wish to attend the after-show discussion or get-together, whether you need or can give a ride, and whether you or anyone in your party has special physical or cognitive needs that need to be accommodated. Tickets will be distributed within a couple of weeks of the performance.

To pay for tickets, mail or hand-deliver a check covering the cost of the seats you have reserved, made out to Capitol Hill Village and with "Come from Away" in the memo line, to: Capitol Hill Village, 725 Eighth St. SE, 2nd Floor, Washington, DC 20003.

*Members, Social Members and Guests*

**Note: Signup deadline is Friday, September 30**

Sunday, November 13

Arena Stage

## Carousel, by Rogers and Hammerstein

First produced in 1945 and voted the best 20th century musical by *Time*, *Carousel* is based on Ferenc Molnar's play *Liliom*. Molly Smith directs, and the production features two stars from Arena's production of *Oklahoma*, Nicholas Rodriguez and E. Faye Butler. Amid carnival music and dazzling lights, Billy, a carousel barker, and Julie, a mill worker, meet and fall in love. Married and unable to support his family, Billy's carefree ways and unwise decisions lead to tragedy. Will a lucky star save Billy and his family? Choreographed by Parker Esse and with musical direction by Paul Sportelli, dance and songs such as *You'll Never Walk Alone* and *If I Loved You*, are sure to please.

Discounted tickets are \$55. Reserve by phoning the Capitol Hill Village Office at 202-543-1778. Please mention accessibility needs, and if you would like a ride. Then mail or hand deliver your check made out to Capitol Hill Village with "Carousel" on the memo line to: Capitol Hill Village, 725 Eighth St., SE, Second Floor, Washington, DC 20003. Parking is on-street, or phone Arena Stage (202-488-3300) to reserve garage parking (mention Capitol Hill Village for a 20 percent discount).

*Members, Social Members, and Guests*



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# Continuing Weekly CHV Events

**NOTE:** You do NOT need to RSVP for continuing events, but please confirm events by calling the office at 202-543-1778 or by e-mailing [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org)

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Mondays, 9:00 a.m.

Gate House at Main Entrance to Congressional Cemetery,  
1801 E Street SE

## Easy Strollers

This activity is designed for those who would like to extend their ability to walk distances. Strollers will walk 5-10 minutes with a rest on some of the many benches scattered throughout the Congressional Cemetery. The pace for the group will be very slow, but those who prefer may walk ahead at a faster pace. Strollers should wear appropriate shoes and bring water. If you need a ride Cemetery Gate House, call the CHV Office at 202-543-1778.

*Members, Social Members, Volunteer*

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Mondays, 2-3:00 p.m.

Townhomes on Capitol Hill, 750 Sixth St. SE

## Tai Chi

Practice the beautiful and healthy art of Tai Chi weekly with a long-time student of experienced teacher David Walls-Kaufman. On the third Monday of each month Walls-Kaufman will teach the class. A serious practitioner of Tai Chi for more than 25 years, Walls-Kaufman studied with internationally renowned teachers, including Cheng Man-ch'ing. Walls-Kaufman has also won top honors in competitions both in Tai Chi form and in Tai Chi as a martial art. Reservations required.

*Open to all*

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Mondays, 3:00 p.m.

Garfield Park, South Carolina Ave. at Second St. SE

## 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 further information call Paul at 202-543-7530.

*Open to all*

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Tuesdays and Thursdays, 10:00 a.m.

Capitol Hill Presbyterian Church, Fourth St. &  
Independence Ave. SE (side entrance accessible)

## Qigong

The gentle, powerful Chinese movement exercise known as qigong (pronounced chee gong) is offered by CHV member Joni Bell, who has practiced this discipline for 10 years. Her strength and balance have improved remarkably, and she credits the activity with helping her as a 30-year patient with multiple sclerosis. Free for CHV members.

*Members and Social Members*

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Tuesday, 12:00-1:30 p.m. **Note: Resumes September 13**

Capitol Hill Arts Workshop, 545 Seventh St. SE

## Second Wind

Join a group of CHV members who meet to raise their voices in song under the direction of a master musician/chorister to learn new music and enjoy the sound of our own voices. The bar for participation is not high, just a love of singing together. While the ability to read music is a plus, it is not required, and there are no auditions. For further information, contact Marsha Holliday at 202-544-2629.

*Members and Social Members*

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Wednesdays, 3:00-5:00 p.m.

Private Home

## Majong

Mahjong originated in China and is similar to the Western card game Rummy. It is a game of skill, strategy, and calculation and involves a certain degree of chance. Join a group of members and volunteers who meet to play together. To sign up for this group and learn the meeting location, call the Capitol Hill Village Office at 202-543-1778.

*Members & Social Members*