

VILLAGE NEWS



Partiers faced the paparazzi as they walked the red carpet while making their way into the Capitol Hill Village Gala at the Kellogg Conference Center at Gallaudet University. See story and more photos on pages 8–10.

CHV Board Works on Housing Priorities

by Mary Procter and Vira Sisolak

The Capitol Hill Village Board's Subcommittee on Research on Housing with Care has identified topics for research: continuous care retirement communities (CCRC) assisted living, skilled nursing care, supportive housing, PACE (Programs of All-Inclusive Care for the Elderly), and support to the long-term care workforce.

■ **PACE.** Thanks to the work of the DC Department of Health Care Finance plus a series of interactions by Peter Fitzgerald and Mary Procter with Council Member Vincent Gray, the PACE program seems closer to authorization in DC than it has been for the past eight years.

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WELLNESS CAFÉ

Getting a Handle on “Clutter”

While one person's clutter might be another's cherished keepsake, the fact is that many people feel overwhelmed by their possessions and worry about managing the items they have accumulated over the years.

Because clutter can be a source of stress, the February Wellness Café featured Mary Malmberg, a professional organizer and owner of Mary Pops In (info@marypopsinorganizing.com). She was brought to us by a Capitol Hill Village partner organization, Home Care Assistance.

Part of the challenge is deciding what can be given away and, for what you keep, how it can be organized more efficiently.

Giving stuff away is often difficult, but Mary offered this advice for making a decision: ask yourself, “can I replace it in 20 days for \$20 or less?; is it



Speaker Mary Malmberg demonstrated a space-saving folding technique for shirts.

something that is occupying space, but not bringing you joy? If the answer is yes, let it go.”

If you want to work with someone to go through your things, Mary suggested finding someone who will work *with* you and that you can have fun with. “You don't need someone who will placate you,” and she warns, “it's almost never fun to do this with a spouse or children.”

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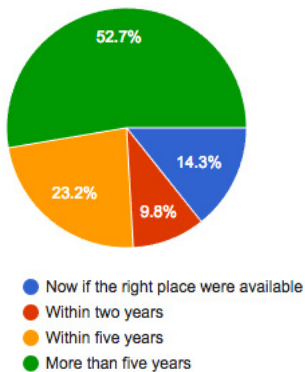
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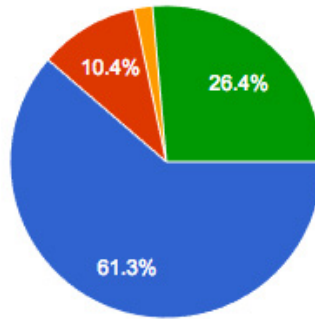
■ **Continuous Care Retirement Communities (CCRC) and Assisted Living.** Subcommittee members have visited CCRC in DC and the surrounding area including rural locations and will meet with experts on supportive housing, especially for seniors.

■ **CHV Housing Survey.** Early this year, the CHV Board's One-Level Housing Subcommittee sent a survey to 1,200 persons on the CHV mailing list, about half of whom are CHV members. Responses were received from 128 recipients, most between the ages of 70 and 75; two-thirds have lived on the Hill for more than 30 years; 55 percent were couples; and 40 percent live alone. A preliminary summary of the findings indicates:

▶ 14 percent of respondents said they are prepared to move now if the right place were available. Another one-third said they are definitely interested in moving in the future and would move within five years. In total, nearly half of the respondents would move now or in the foreseeable future.

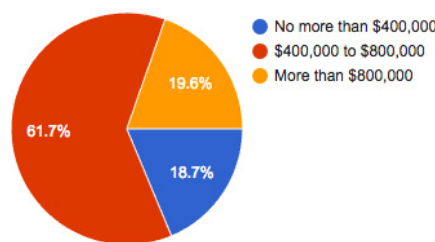
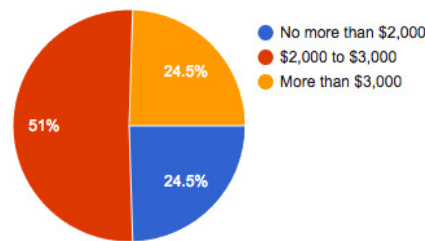


▶ More than half said they would either buy a condo or rent an apartment. One-quarter want to move to a CCRC (with independent living, assisted living, etc.) and several are interested in co-housing. Almost two-thirds would prefer an “intergenerational setting” with a range of ages and family types.



- It should be intergenerational with a full range of ages and family types: young singles, families with children...
- A building that has exclusively (or mostly) retired singles, couples or adults without children
- A "seniors only" building
- A Continuing Care Retirement Community (CCRC) that has independent living units, assisted liv...

- ▶ Many would move as far as H St. NE or the Navy Yard area, but one-third said they would not move more than four blocks from Eastern Market.
- ▶ There was a preference for two-bedroom units and buildings with parking.
- ▶ One-half of respondents said they would be willing to pay \$2,000-\$3,000 per month for an apartment, and one-quarter said they would



pay more. Two-thirds said they would pay \$400,000-\$800,000 for a condo and one fifth said they would pay more.

The survey will be the basis of a summary of the types of one-level living that seniors on Capitol Hill would like to have. When multiplied by the total number of seniors on Capitol Hill, the data is a strong indication that seniors are willing to

consider moving from row houses with stairs and constant maintenance needs. The One-Level Housing Subcommittee will continue to work to try to bring these types of housing opportunities to Capitol Hill.

An analysis of the survey results and a written statement will be provided to developers, government officials, and others interested in what seniors on the Hill are looking for in one-level living.

■ **Boys and Girls Club building, 17th and Massachusetts Ave. SE.** Several members of the CHV Advocacy Corps attended an informational meeting about the city's plans for use of the building, and individual members also submitted comments to the DC Office of Planning and Economic Development. Generally, CHV members would like to see senior housing or co-housing at the site, with space for activities such as senior day care. For the next step, the city could declare the building surplus so it can be sold to a developer, or the city could request a proposal from a developer, giving the developer a long-term lease.

■ **700 Constitution Ave. NE.** Renovation of the former MedLink hospital building will yield about 140 rental units including a significant number with two bedrooms. The building is expected to be ready for new residents in May. The Subcommittee is working on arranging a tour of the building for interested members.