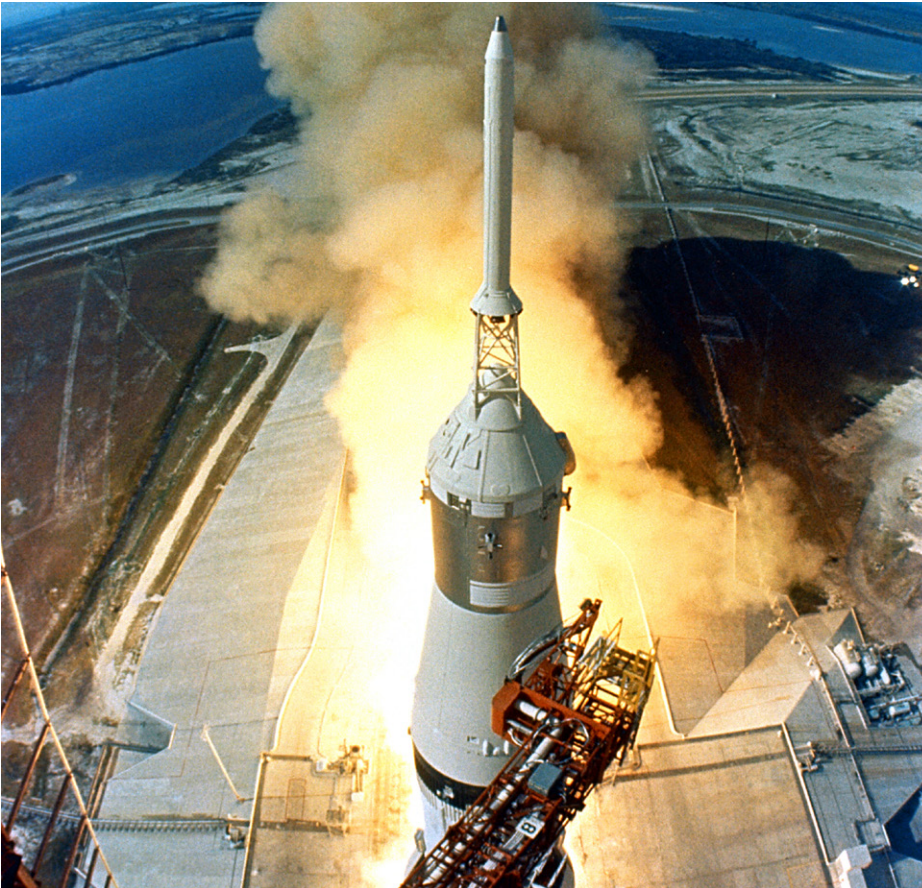




VILLAGE NEWS



10, 9, 8...The count-down for the 2019 CHV Gala has Begun!

March 2 and the 2019 Capitol Hill Village Gala are just around the corner. This year's theme, "Fly Me to the Moon," honors the 50th anniversary of the first moon landing. Blastoff is set for 7:00 p.m., Saturday, March 2, at St. Mark's Church, 301 A St. SE.

The planning committee has lined up an evening of out-of-this-world experiences including dancing to the sounds of DJ Rhome Anderson,

delicious food by Well Dunn caterers, live and silent auctions offering the chance to bid on a variety of vacation homes and other experiences, and the opportunity to sign up for intimate Salon Dinners featuring a galaxy of interesting earthling speakers. And, a number of intergalactic visitors are expected to join us as special guests.

This marks the 11th year that CHV has sponsored the fundraising Gala to have fun and also promote the organization's work in the community.

The Live Auction always gets lots of interest as it highlights a select few

See pages 6–7 for information on buying tickets, program, live auction items, vacation homes, salon dinners, and more.

► continued on page 6



CHV Advocacy Team Research Shows Housing Challenges for Seniors

The urgency of action around increasing housing and care options for all of DC has been made clear in research conducted by Capitol Hill Village members.

The team will share its findings at a community meeting on **Friday, February 8** from 10:00 a.m.–12:00 noon at the Northeast Neighborhood Library, 330 Seventh St. NE.

Over the last six months, Mary Procter, Fran Hoffman, Elizabeth Cabot Nash, and others have been researching demographic data, the range of supportive housing options,

► continued on page 5

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February 2019 CHV Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JAN 27	28 Tai Chi, 2 pm, p. 20 Petanque, 2 pm, p. 20 Purls of Wisdom, 4 pm, p. 14 Caregiver Support Group, 6:30 pm, p. 14 RSVP by 3 pm for Purls of Wisdom	29 Qigong, 10 am, p. 20 Wellness Café: Dr. LaVergne Andre, podiatrist, 12 Noon–2 pm, p. 14	30 Meditation, 12 Noon, p. 20 Mahjong, 2 pm, p. 20 CHV Lunch Party: Mr Henry's, 12 noon–1:30 pm, p. 14	31 Qigong, 10 am, p. 20 Getting Your Papers in Order (GYPIO), 3–4:30 pm, p. 14 RSVP by 3 pm for Feb. 2 Hazmat Pickup	FEBRUARY 1	2 HazMat & Shredding Pickup, starting at 9 am, p. 15
3	4 Tai Chi, 2 pm, p. 20 Petanque, 2 pm, p. 20 Village Voices: Ted R. Bromund, 7–8 pm, p. 11 RSVP by 3 pm for Feb. 5 Bridge	5 Qigong, 10 am, p. 20 NEW! Weekly Bridge , 10–12, p. 14	6 Meditation, 12 Noon, p. 20 Mahjong, 2 pm, p. 20	7 Qigong, 10 am, p. 20 Games & Puzzles Group, 2–4 pm, p. 15 RSVP by 3 pm for Feb. 8 Book Pickup	8 Book Pickup, Starting at 9 am, p. 15 CHV Advocacy Winter Meeting, 10 am–12 noon, pp. 1 & 15 RSVP by 3 pm for Feb. 11 Wyze GuyZ Lunch	9
10	11 Wyze GuyZ Lunch, 1 pm, p. 16 Tai Chi, 2 pm, p. 20 Petanque, 2 pm, p. 20 Purls of Wisdom, 4 pm, p. 16 RSVP by 3 pm for Purls of Wisdom; Feb. 12 Bridge; Feb. 14 Cinephiles	12 Qigong, 10 am, p. 20 Second Wind Resumes!, 12 Noon–1:30 pm, p. 20 NEW! Weekly Bridge , 12:30–3 pm, p. 20	13 Meditation, 12 Noon, p. 20 Mahjong, 2 pm, p. 20 Poetry Readers, 2 pm, p. 16	14 Qigong, 10 am, p. 20 Cinephiles, 6–7:30 pm, p. 16 RSVP by 3 pm for Feb. 16 Paint Pickup	15 Physio Balance Class, 12:30–1:30 pm, p. 16 RSVP by 12 noon for Feb. 19 Literary Club RSVP by 3 pm for Feb. 19 Bridge SIGN UP DEADLINE for the March 23 show, Into the Woods, at Ford's Theater, p. 13	16 Paint Pickup, Starting at 9 am, p. 16
17 Play: Nell Gwynn, 2 pm, p. 17	18  PRESIDENT'S DAY, CHV OFFICE CLOSED Petanque, 2 pm, p. 20	19 Qigong, 10 am, p. 20 Second Wind, 12 Noon–1:30 pm, p. 20 NEW! Weekly Bridge , 12:30–3 pm, p. 20 CHV Literary Club, 6–7:30 pm, p. 17	20 Meditation, 12 Noon, p. 20 Mahjong, 2 pm, p. 20 SIGN UP DEADLINE for the April 27 show, Junk, at the Arena Stage, p. 13	21 Qigong, 10 am, p. 20 Games & Puzzles Group, 2–4 pm, p. 17	22 RSVP by 3 pm for Jan. 26 Urban Walkers	23 Urban Walkers, 9 am, p. 17
24	25 Tai Chi, 2 pm, p. 20 Petanque, 2 pm, p. 20 Purls of Wisdom, 4 pm, p. 17 Caregiver Support Group, 6:30 pm, p. 17 RSVP by 3 pm for Purls of Wisdom; Feb. 26 Bridge; Feb. 28 Parkinson's	26 Qigong, 10 am, p. 20 Second Wind, 12 Noon–1:30 pm, p. 20 Wellness Café: Medical Marijuana Use for Seniors, 12 Noon–2 pm, p. 18 NEW! Weekly Bridge , 12:30–3 pm, p. 20 RSVP by 3 pm for Feb. 28 Village Opera Society	27 Meditation, 12 Noon, p. 20 Mahjong, 2 pm, p. 20	28 Qigong, 10 am, p. 20 Parkinson's Support Group, 3 pm, p. 18 Village Opera Society, 5–6:30 pm, p. 18 RSVP by 3 pm for Mar. 2 Hazmat Pickup	MARCH 1 RSVP by 3 pm for Mar. 5 Travel Club Trip DEADLINE for completing the DDOT adaptive bicycle survey, p. 13 	2 HazMat & Shredding Pickup, starting at 9 am, p. 18 CHV GALA: Fly Me to the Moon, 7–10 pm, pp. 1, 6, 7
3	4 Tai Chi, 2 pm, p. 20 Petanque, 2 pm, p. 20 Village Voices: Love's Way, Sig Cohen, 7–8 pm, p. 11 RSVP by 3 pm for Mar. 6 History & Bio Club; Mar. 5 Bridge	5 Travel Club Trip: Kreeger Museum, 9 am–2 pm, p. 19 Qigong, 10 am, p. 20 Second Wind, 12 Noon–1:30 pm, p. 20 NEW! Weekly Bridge , 12:30–3 pm, p. 20	6 Meditation, 12 Noon, p. 20 Mahjong, 2 pm, p. 20 History & Bio Club, 6–7:30 pm, p. 19	7 Qigong, 10 am, p. 20 Games & Puzzles Group, 2–4 pm RSVP by 3 pm for Mar. 8 Book Pickup	8 Book Pickup, Starting at 9 am, p. 19 	9

RSVP FOR EVENTS AND LET THE CHV OFFICE KNOW IF YOU NEED A RIDE, BY CALLING 202-543-1778 FROM 9 AM TO 5 PM, OR E-MAIL: INFO@CAPITOLHILLVILLAGE.ORG

CAPITOL HILL VILLAGE

To reach us:

202-543-1778 (M–F, 9 am–5 pm)

info@capitolhillvillage.org

<https://www.capitolhillvillage.org>

Capitol Hill Village
725 8th Street SE, 2nd Flr.
Washington, DC 20003

Connect with CHV at:



To **unsubscribe**, please send an e-mail to unsubscribe@capitolhillvillage.org

To **become a member**, go to www.capitolhillvillage.org and click on “Join.” Dues can be paid online, or call the office at 202-543-1778.

To **support the Village**, go to 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

Heather Foote, *Transportation
Outreach Manager*

Katie Garber, *Director of Care Services
and Community Outreach*

Phil Guire, *President of the Board*
Tomeka Lee, *Membership Champion*

LaShaune Littlejohn, *Office Manager*
Samantha Schiffman, *Care*

Services Coordinator

Molly Singer, *Executive Director*

Meghan Wrinkle, *Volunteer and
Programs Coordinator*

Capitol Hill Village News Team

Editor: Karen Stuck

Layout: Roxanne Walker

FROM THE EXECUTIVE DIRECTOR

Call on CHV – We are here to help!

I didn't want to bother you.

These are words that we dislike hearing. We are here to help you—with rides, with household tasks, with referrals, with ... whatever you need help with.

Lately we occasionally hear that people have heard that we don't have drivers or have heard “through the Capitol Hill Village grapevine,” that others were told they are over-using our services.

This is not true. We are here to support. In general, we can offer one to three hours of volunteer time a week for you, as needed. If we cannot find a volunteer for your task, we will be your partner in finding another solution.

Remember these rules that help us help you:

► **RIDES:** Call at least two work-days ahead of time to request the ride. This means that if you need a ride on Monday, you should call on Wednesday or Thursday of the previous week.

► **TECHNOLOGY:** Allow us at least two work days to find someone to help you.

► **TASKS:** Allow us at least two work days to find someone to help you.

► **AVAILABILITY:** When we ask what your availability is, please think carefully about your answer. If you say, “I'm available anytime” but when we call back with a volunteer and a proposed time and you tell us that you “are not available”—you are frustrating our efforts and the generosity of the volunteer.

► **STRIKE A BALANCE:** Yes, we have volunteers to help you live independently. However, it is

important that you use volunteers to supplement your needs. Volunteers can help you clear out the study;

volunteers cannot be a substitute for a housekeeper. But we can help you find a good housekeeper!

► **CAVEATS:** Finding last minute drivers or emergency help for other tasks is difficult and annoying for the volunteers. Yes, if it is critical, we are all for it and will do what we can—but if it is a ride to the hair appointment that you have had for a month, we might give you the stink eye! Likewise, if your computer has been giving you warnings of running out of space and you leave on vacation tomorrow—we may grumble.

We fill 94 percent of ride requests with volunteer drivers. If we are unable to fulfill a ride request, we will help you make other arrangements, such as calling a ride service.

We have volunteers who are disappointed that they do not get called upon.

Please bother us!



The CHV office will be closed:

► **February 4, 5 & 6** while a new HVAC system is installed. Staff will be teleworking and available via phone and email, 9 a.m.–5 p.m. each day.

► **Monday, February 18** for President's Day. The office reopens Tuesday, February 19 at 9:00 a.m.

FROM THE PRESIDENT

Looking Forward ... Continuing the Tradition

As discussed in previous columns, the Capitol Hill Village Board has been working with its committees and members to draft a new strategic plan. The process has been long and comprehensive, having gathered feedback at the town hall meeting last spring, from over 20 one-on-one interviews, and from a series of small group meetings. Thanks to everyone who has participated. Thanks also to Board members Candace Robinson and Rick Rutherford, both organizational management experts, for guiding us through the process, ensuring expedience, thoroughness, and the ability to hear the many voices of CHV.

This process is always tricky because it inspires brainstorming and perfect world scenarios, which we strive for. But that thinking is also balanced by budgetary realities and some unknowns such as the health and well-being of members. Nevertheless, we are lucky to have had strong previous strategic plans, and our findings are largely a continuation of those. The Board is still working on some language and sharing opinions about the elements, but we also want to hear from you.

Now It's Your Turn— Tell Us What You Think

Below are the DRAFT Mission, Vision, and Strategic Pillars intended to guide

our planning and activities for the next three to five years—let me know your thoughts about each and about the options presented:

Mission

- ▶ To sustain and enrich the lives of members and the community of Capitol Hill residents for the long term.

Vision

- ▶ Option I: We envision a neighborhood-based organization that reaches out and convenes neighbors to build a vibrant, inclusive and age-friendly community that empowers everyone to thrive and live meaningful, purposeful lives.
- ▶ Option II: Make Capitol Hill the greatest place on earth to live a long life with services, recreation, and community members that provide value, fun, and engagement.
- ▶ Option III: TBD — some combination or rewrite of the first two options.

Strategic Pillars

These strategic pillars provide the framework and values for the realization of our mission and vision.

- ▶ **COMMUNITY.** Capitol Hill Village convenes a supportive, accepting community that embraces diversity and provides



Phil Guire, CHV Board President

mutual aid to enrich and sustain the lives of both members and volunteers.

- ▶ **SERVICE.** Capitol Hill Village connects members to high-quality, high-value, and effective services that meet their needs with trained volunteers, professional staff, vetted vendors, and public and private partnerships.
- ▶ **ADVOCACY.** Capitol Hill Village advocates for its members to government, private sector, community, and social service entities to ensure access and availability of high quality health care, wellness and prevention activities, legal advice, reliable vendor services, and development of a safe, people-friendly community.
- ▶ **LONGEVITY.** Capitol Hill Village establishes and governs sustainable policies, strategic direction, and fiscal diligence to ensure a firm financial, leadership succession, and sustainable organizational foundation for the delivery of its mission.

Please email me at president@capitolhillvillage.org to share your feedback or speak with any Board member (listed on this page) or with Molly, the CHV Executive Director.

2019 Capitol Hill Village Board Members

Phil Guire, *President*

John Gordon, *Vice-President*

Angela Beckham, *Treasurer*

Rachel Vladimer, *Asst. Treasurer*

Ellen Alers, *Secretary*

Bruce Brennan

Elizabeth Cabot Nash

Tama Duffy Day

Jeff Gabardi

Linda Goodman

Mike Grace

Candace Robinson

Rick Rutherford

Susan Sedgewick

Geoff Lewis, *Emeritus*

Housing Challenges for Seniors continued from page 1

workforce needs, and the costs of it all. Their research has shined a light on intersecting issues which, if not addressed, will create challenges in terms of cost and work force and housing availability.

A key element of CHV's advocacy program is to research housing for later stages of aging and replicable models. The presentation is based on preliminary research, and more is needed in order to make concrete assessments of needs, impediments, and incentives so that a compelling argument can be made for expanding options here in DC.

Topics to be covered at the February 8 meeting include:

- ▶ **"Aging in Community"** –the options, economic realities, and important areas needing CHV advocacy
- ▶ The projected **Home Health Care Aide shortfall** and steps needed to get attention from policy-makers on this critical issue

The event is free and open to the public, but attendees must register in advance by emailing info@capitolhillvillage.org or calling 202-543-1778.



If Not CHV, Then Who? **Opportunities for You to Become Engaged**

The CHV Advocacy Team is seeking partners to:

- ▶ Research living options and share findings with the community
- ▶ Understand existing policies and options and compare with national models
- ▶ Attend and speak at community meetings
- ▶ Attend City Council hearings and the Senior Advisory Coalition Advocacy Day at the City Council
- ▶ Bring their own ideas for addressing the need for affordable supportive housing for seniors

Elizabeth Cabot Nash Joins CHV Board



Elizabeth Cabot Nash

The CHV Board welcomes Elizabeth Cabot Nash as a new member. Elizabeth has been an active office volunteer, and she has also volunteered to help advance the organization's advocacy initiatives on issues such as long-term care, housing, and care-giver workforce needs in the District of Columbia.

Elizabeth worked for 18 years with UnitedHealth Group in executive level positions, leading efforts related to new business development and

implementation, policy, government relations, compliance, operations, and other strategic initiatives. She has expertise in Medicaid and child health and family health insurance programs; most recently, she led advocacy and implementation of public health exchanges for UnitedHealth's commercial division.

Before joining UnitedHealth Group, Elizabeth was Legislative and Public Affairs Manager for UCare Minnesota where she was the company's lead representative at the state legislature and with state regulatory agencies. She began her career as a legislative assistant to a Minnesota State Senator and then as a lobbyist with the McGrann

Shea law firm in Minneapolis where she represented clients including corporations, municipal agencies, and trade associations at the state legislature. Elizabeth has a Bachelor of Arts degree from the University of Wisconsin and lives in Washington with her husband and two children.

In addition to bringing powerhouse skills, energy, and wonderful demeanor, Elizabeth's service on the Board helps support CHV's ongoing efforts to engage younger community members in its mission and to expand our network across Capitol Hill, especially to those with older parents.

Fly Me to the Moon

Capitol Hill Village Gala



Count-down to the 2019 CHV Gala

Continued from page 1

special outings and experiences for the Gala crew to bid on.

Among the vacation houses up for bid in the Silent Auction are get-aways in Vermont, Maine, and Philadelphia; and beach-side addresses in Delaware, New Jersey, and New York. There can be only one winner for these items, but since many of them can sleep 6–10 people, you will want to start planning now on the friends or family you might want to pair up with to make that winning bid!

The popular Salon Dinners will again be back, with over a dozen offerings planned.

Salon dinner signup will close at 8:30, and bidding on vacation homes closes at 8:45 followed by the live auction.

The list of auction items and salon dinners is growing, so check periodically at the CHV website for a complete list at www.capitolhillvillage.org/gala.

How do I make reservations?

As usual, CHV doesn't issue Gala tickets. By making a reservation, you and your guests are assured entry on March 2.

Gala reservations are \$125 each with the option for individuals and organizations to reserve eight-person tables for \$1,000. To purchase tickets, visit the Gala web-site at capitolhillvillage.org/gala. You will be able to pay on-line, or you can download a registration form and

mail it with the payment option to Capitol Hill Village, 725 8th St SE, Unit 2, Washington DC 20003. *Note: For those reserving a table, please include the total payment with your registration form.*

The value of each individual reservation is \$60, and the remainder is tax deductible to the extent allowed by law.

What do I wear?

The gala is black-tie optional, festive dress is encouraged, and bring your dancing shoes!

What about food, dancing, and fun?

DJ **Rhyme Anderson** returns from last year's successful Gala to offer a great array of tunes. Food from **Well Dunn Catering** will consist of light fare and libations served buffet style.

Live Auction

The program will feature the emcee leading a live auction of several scintillating offerings:

- ★ **Two Nat's tickets PLUS \$100 gift certificate to the Salt Line.** Great seats donated by National Capital Bank right behind the Nat's dugout.



- ★ **Weekend on Fire Island.** Traditional beach house located in the quiet Seaview Community; sleeps up to eight.
- ★ Behind-the-scenes tour of **Winterthur**, America's premier decorative arts museum, with an overnight stay in Wilmington, DE.
- ★ Overnight trip to Chicago complete with hotel and tickets to a **Cubs-Nationals game at Wrigley Field.**
- ★ Tickets for the March 5 **Fleetwood Mac concert** at the Capital One Arena.
- ★ **Musical Theater with Dinner.** Four tickets to any Signature Theatre show plus \$100 gift certificate for dinner at Ali's Lobby Bar & Cafe.
- ★ Tickets to see the **Capitals** play the Tampa Bay Lightning on March 20.

► continued on page 7



Fly Me to the Moon

Capitol Hill Village Gala



Count-down to the 2019 CHV Gala

Continued from page 6

Salon Diners

Salon Dinners are a signature Gala item where attendees bid to break bread with fascinating speakers in distinctive Capitol Hill homes. Reservations \$75–\$100 per person:

Among confirmed salon dinner guests are:

- ★ **Susan Page**, *USA Today* Washington Bureau Chief.
- ★ **Robin Givhan**, *The Washington Post* fashion critic.
- ★ **Elissa Silverman**, DC Council Member at Large.



Dan Tangherlini



Susan Page

★ **Dan Tangherlini**, CFO OF Emerson Collective and former DC City Administrator.

★ **Laurie Gilman**, founder and president of East City Bookshop on Capitol Hill.

The Ever-Popular Silent Auction Returns

Gala-goers will have the opportunity bid on vacation homes including:

1. **St. Michael's Boathouse.** Any two nights between April and December 2019 by mutual agreement.
2. **A Vermont Walden "with amenities."** Any week by mutual agreement except during the New Year's holiday, a couple of weeks in July, and the month of August.
3. **A Week on the Coast of Maine.** One-bedroom apartment available any mutually agreeable week within one year.
4. **Rehoboth Beach Condo.** Two-bedroom condo available any week by mutual agreement.
5. **Philadelphia Condo.** One-bedroom condo available any two nights by mutual agreement.
6. **Step Back in Time with a Week in Thousand Island Park, NY.** Available any mutually agreed upon week between early June and mid-October 2019.
7. **Dewey Beach.** Five-bedroom home steps from the beach. Available for five days between March 1–May 15 or Oct. 15–Nov. 30.
8. **Cape May Historic home.** Four nights on mutually agreed dates.
9. **Weekend at Fire Island, NY, Beach House.** Available any weekend in June or September. Sleeps eight.
10. **Weekend near Berkeley Springs.** Five-bedroom rustic lodge with fully furnished kitchen, fireplace, outdoor gas grill, 2 patios, and both a koi and a fish pond. Sleeps 10–12. Any Friday and Saturday nights by mutual agreement.
11. **Company Coming? A Capitol Hill House for them!** This close-in four-bedroom Italianate Victorian on East Capitol Street easily sleeps 8–10 people. All amenities. 4 or 5 nights on mutually agreeable dates.



Robin Givhan



CHV Sets New CHV Care Services Policy

By Molly Singer

The Capitol Hill Village Care Services team is an integral part of our mission to support seniors to be independent and live according to their own terms in community. CHV staff and board of directors met recently to discuss the current and future needs of Care Services for the community and created a new policy.

At its January meeting, the board approved a new guideline for access to care services. Individuals must be a CHV member for at least 90 days before receiving higher-level Care Services including Village Connections. This is designed to balance workload and serve existing members well. All members, except social members, are eligible for Care Services.

CVH Care Services Demystified

Who Is Care Services?

The CHV Care Services Team consists of two licensed social workers, the Village Connections cohort of over 30 individual volunteers, and social work interns and volunteers.

What Does Care Services Do?

Care Services is a balancing act that supports individual members' rights to self-determination, while ensuring they are not in harm's way or at risk for exploitation and neglect. Outside of an immediate crisis or major life event, members can expect up to one hour of direct interaction per week with Care Services staff. For members who require more intensive services than what the internal Care Services team can safely

Capitol Hill Village Policy Regarding Accessing Care Services

To ensure sustainably and quality service to members, Capitol Hill Village Care Services has a 90-day waiting period between becoming a CHV member and enrolling in Level 2 or 3 of Care Services (see graphic). This policy ensures that the Care Services team manages its work flow and provides excellent services to existing members. It also allows prospective members to explore and engage in all CHV programs prior to receiving care from a licensed social worker. Individuals who join CHV in crisis (Level 4), as an urgent member, pay a premium and are exempt from the 90-day waiting period. However, if the needs of any member require

extensive engagement from CHV staff and volunteers beyond the resources of the Village (more than 3 hours a week on an ongoing basis), CHV will refer the member to an external (private pay) geriatric care manager with a partner organization. This policy enables CHV to provide equitable, quality services to CHV members. Any regular, subsidized, or urgent member can use Care Services Resource and Referral services (Level 1) upon joining. Social members are not entitled to care services or volunteer services.

Effective April 1, 2019.
Passed January 8, 2019, by the Capitol Hill Village Board of Directors

provide, CHV connects them to a geriatric care manager, who can help address day-to-day needs.

The team helps members in a variety of ways. See table on page 9.

Village Connections

Village Connections matches a Care Services member with a volunteer on an ongoing basis. Volunteers assist members with a variety of projects including friendly visits, medical advocacy, grocery shopping, transportation, attending events together, or something else. Each match varies in terms of time, frequency, and activity and is based on the interests of both the member and the volunteer.

Who is Eligible for Care Services?

Regular members, urgent members, and subsidized members are all eligible for Care Services. Except for urgent members, individuals must have been a member for at least 90 days before receiving Level 2 or 3 Care Services, including Village Connections. This is designed to balance workload and serve existing members well.

Who is Not Eligible for Care Services?

CHV social members are not eligible for care services nor are CHV regular and subsidized members who have been members fewer than 90 days.

► continued on page 9

CHV Care Services Levels

Level 1: Resources/referrals, information, services, or supports. Including: research materials, or introductions to experts.	Level 2: Short-term transitional care management such as through a hospitalization, passing of a spouse or other event. Eligible for Village Connections.	Level 3: Frail individuals or those with persistent illness. CHV checks in on regularly up to once a week, works directly to engage in activities, and provides services. Eligible for Village Connections.	Level 4: Urgent Members Undefined term of high intensity care management (reserved for new members in crisis)
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New CHV Care Services Policy continued from page 9

“The social worker used to visit lots and now does not come by as much.”

This is good news. This means we trust that you are doing fine, and we are spending our time with members who are going through a transition or other issue. If you need us or have a question—just call. We have not forgotten you, but often our work is a series of triage among many members. This is why we prioritize independence and members taking actions and making decisions about their needs. We can provide resources and think through priority questions with you, but we respect your ability to problem-solve for yourself.

Capitol Hill Village Responsiveness

CHV has an after-hours phone for night-time and weekend calls. Members can reach the after-hours line by calling the regular CHV number 202-543-1778 and following the prompts. We listen to all messages that come through the after-hours line. If a member is hospitalized and safe and his home and family are safe, there is little that we can do. We will check in on the next business day. We will respond to emergency calls when there is an immediate need for the health or safety of an individual. In the event of an emergency, the first call should be to emergency services 911.

Calling on Friends and Neighbors

If you have a friend or neighbor who is a CHV member and whom you think is going through some of the issues in the chart, you should feel free to call on CHV's Care Services team and ask them to look in on them. We will, and we will let you know when we have done so. We appreciate and value the care and concern that community members have for each other. We also value individual privacy, and we will not discuss details of care or conversations. As required by the D.C. Department of Health, CHV's licensed social work staff are HIPAA compliant, and we take confidentiality very seriously.

When to Call On CHV Care Services

Here's what you can expect from CHV Care Services ►	Connect to support groups / CHV members with similar experience	Facilitated conversation with a social worker	Resource materials, referrals to vetted providers, experts	An explanation of what to expect	Check list of questions for the health or other professionals	Insurance review	Expectations for transitioning home	Check list of questions to ask health team	Conversation / visit with the health team re: transition plan	Connection to volunteer services for home needs	Connections to care for family members	Occasional or Ongoing check-ins from social workers	Village Connections pairing	Family support
▼ When this applies to you:														
Thinking through wills, estates, power of attorney, death and dying issues	★	★	★	★	★							★		
Conversations with family members about care and living independently	★	★	★	★	★	★		★	★		★		★	★
Thinking about making a move	★	★	★									★		
Planned medical procedure / hospitalization	★	★	★	★	★	★	★	★	★	★	★	★		★
Addressing changing health needs within the family	★	★	★	★	★	★		★		★	★	★	★	★
Health crisis / sudden hospitalization			★	★	★		★	★	★	★	★	★		★
Frail health, ongoing chronic health needs	★	★	★	★										
Changes in mood, behavior, engagement with others (yours or someone close to you)	★	★	★		★			★				★		
Managing a challenging situation or health condition	★	★	★	★	★	★		★		★		★	★	★

March Film Series Features Hitchcock Imitators

Alfred Hitchcock loved doubles or doppelgangers in his films: Henry Fonda is mistaken for a thief in *The Wrong Man*, Cary Grant doesn't even know who he is supposed to be in *North by Northwest*, and there are at least three Madeleine's in *Vertigo*, two played by Kim Novak.

CHV Cinephiles organizer **Tom Zaniello** will host a new series of Friday night film screenings at the Hill Center featuring three directors who wanted to out-do Hitchcock or at least direct films that viewers would say were "Hitchcockian." Following the screenings, Zaniello will host a discussion on Hitchcock copy-cats.

Friday, March 1, *Niagara*, (1953) directed by Henry Hathaway. Marilyn Monroe has a surprise role in



Niagara that ends with a pre-creation (as opposed to a re-creation) of the final tower sequence from Hitchcock's *Vertigo*. Although there is nothing wetter than the finale of this film, Hathaway also filmed Marilyn in the shower. Hitchcock imitated Hathaway because Hathaway had already imitated Hitchcock. Go figure.

Friday, March 8, *Mirage*, (1965) directed by Edward Dmytryk.

Gregory Peck is mistaken for a spy, with a cast that includes an early screen appearance by Walter Matthau and a radiant Diane Baker who should have been a Hitchcockian heroine but could only get a secondary role in his *Marnie*. Mistaken identities and unsettling flashbacks keep the viewer guessing throughout the film.

Friday, March 15, *Wait Until Dark*, (1967) directed by Terence Young.

The wonderfully versatile Audrey Hepburn plays a blind woman who is imprisoned in her own apartment by

a gang of nasties led by a vicious Alan Arkin. The gang mistake her as an easy mark because of her blindness. Hepburn surprises them and us with her cleverness.

The screenings and discussion are from 7:00–9:00 p.m. at the Hill Center, 921 Pennsylvania Ave. SE. Call 202-549-4172 to reserve a free seat.

Tom Zaniello has been talking about Hitchcock ever since he saw the first episode of *Alfred Hitchcock Presents* on TV in the 1950s. Since then, he has taught several Hitchcock courses and organized Hitchcock film series at the Hill Center. In addition to publishing a number of film studies books, he also wrote *California's Lamson Murder Mystery* about the wrongful conviction of a Hollywood screenwriter.

TALKING TRANSPORTATION

Register with MetroAccess to Use TransportDC Taxis



CHV volunteer Blanche Hirsch, right, steps off the van that took her to Metro headquarters for her registration as a MetroAccess customer. Applicants hand-carry the form completed

by their physician to a previously scheduled assessment appointment. Eligibility for the paratransit service is based on disability, not income. As a MetroAccess registered customer,

Blanche can now use the TransportDC \$5 one-way taxi rides available as an alternative to travel by MetroAccess vans. See the CHV website for information sheets on TransportDC and Abilities-Ride.

Correction: The January 2019 CHV News story "Intrepid CHV Members Register with MetroAccess" indicated that Bob and Hazel Kreinheder successfully registered for MetroAccess; however, Hazel is not eligible and did not enroll in MetroAccess. Additionally, it was Blanche Hirsch who made a trip to the National Portrait Gallery using a TransportDC taxi ride.

VILLAGE VOICES

Village Voices Waiting to be Heard....

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

February 4: The BREXIT Affair— Why Breaking Up is Hard to Do

In June 2016, British voters approved a referendum to leave the European Union on March 29, 2019. Since then, negotiations have been continuing and the outcome remains unclear.

Ted R. Bromund, an expert on Anglo-American relations, will explore the current state of BREXIT,



Ted R. Bromund

the British negotiations to leave the European Union, and what the outcome might mean for the United States.

A senior research fellow in The Heritage Foundation's Margaret Thatcher Center

for Freedom, Bromund studies and writes on Anglo-American relations, U.S. and British relations with Europe, and the European Union. Before joining the Foundation, Dr. Bromund spent nine years as associate director of International Security Studies at Yale University, a center dedicated to the study and teaching of diplomatic history and grand strategy. A columnist for *Newsday*, *Forbes*, and Great Britain's *Yorkshire Post*, Bromund has also written for *National Review*, *The Weekly Standard*, and *FoxNews.com*. In 2013, he was recognized by the Second Amendment Foundation as its Scholar of the Year for his analysis of the Arms Trade Treaty.

March 4: *Love's Way: Living Peacefully with your Family as Your Parents Age*

Sig Cohen, CHV member and professional mediator, has a newly published book *Love's Way: Living Peacefully with Your Family As*



Sig Cohen



Your Parents Age, co-authored with retired **Judge Carolyn Miller Parr**. As mediators, they found that families in distress more often than not experience pain from either broken family relationships or a parent's failure to plan for the future. Their aim in the book is to prevent mistakes that can fracture family relations and to encourage and demonstrate how families can plan ahead before a crisis strikes and chaos ensues.

Village Voices programs are from 7:00–8:00 p.m. at the Northeast Neighborhood Library, 330 Seventh St. NE, and open to the public.

WELLNESS CAFÉ

Get the Buzz on Medical Marijuana Use for Seniors

The Capitol Hill Village Wellness Café on February 26 will feature **Dr. Matthew Mintz**, who will discuss the growing use and benefits of medical marijuana for senior citizens.



Dr. Matthew Mintz

People age 65 and over have become the fastest-growing demographic of marijuana-users. Dr. Mintz, a solo practitioner internist working in Bethesda, is certified by the Maryland Medical Cannabis

Commission to approve use of medical marijuana. Join us and hear how seniors are experiencing pain relief and improvement in medical conditions, including fibromyalgia, glaucoma, and PTSD for which more traditional therapies have not been effective.

Attendance is free. Call the CHV office at 202 543-1778 to learn the location of the session and sign up so that we can plan for food and seating.

The CHV Wellness Café lunch-and-learn sessions provide information on staying healthy throughout life. This monthly-ish series features expert speakers on a variety of topics



promoting good mental, physical, spiritual and/or emotional health. We encourage a healthy dialogue with our experts, and we provide a light lunch.

Looking for a Roommate? Silvernest Now Available

A new partnership between Silvernest and the city of Washington will bring this home-sharing service to the city.

Silvernest's home-sharing platform tackles two related and pressing issues: housing and aging in place. Over the past two years, Village to Village and Silvernest have been working to bring home-sharing to new communities, and Silvernest has now been officially launched in DC, thanks to a partnership with the Mayor's Office and Age-Friendly DC.

The number of DC residents over age 60 has increased to more than 100,000, with over 50 percent of seniors renting.

More than one-third of older adults are cost-burdened due to housing.

Silvernest is a room-mate matching service. After paying a one-time sign-up fee, you can create a listing on the site. The room-mate finder will suggest compatible potential matches in your area. The service includes background checks.

The Silvernest concept provides the opportunity to connect neighbors and communities and promote a collective supportive community by providing more affordable housing options and encouraging companionship and additional support around the



home. Silvernest isn't just for the 50+ crowd—over 30 percent of Silvernest pairings are intergenerational, and home-sharing is an excellent solution for teachers, students, public servants, and others in the community.

Curious about home-sharing? Visit www.silvernesthome.com/villages or email them at Hello@silvernest.com.

Art, History, Environment Fill Travel Club Schedule

The Capitol Hill Village Travel Club has lined up several outings—in town and on the road. All CHV members are welcome, but sign-up is required by contacting CHV at 202-543-1778 or info@capitolhillvillage.org. Additional information will appear on the CHV website and in the *CHV News*.



MARCH 5: KREEGER MUSEUM. The Museum is the former DC residence of David and Carmen Kreeger and rests on five acres of sculpture-filled gardens. The Impressionists are represented by nine Claude Monet paintings, as well as works by Auguste Renoir, Alfred Sisley, and Camille Pissarro. From his early work to the end of his life, Pablo Picasso's career

can be traced through his paintings at the Museum.

Other 20th century European artists include Edvard Munch, Max Beckmann, Jean Dubuffet, Wassily Kandinsky, and Joan Miro. American artists include Alexander Calder, Clyfford Still, Frank Stella and James Rosenquist. The Sculpture Terrace features works by Jean Arp, Aristide Maillol, Jacques Lipchitz, Henry Moore, Isamu Noguchi, and Francesco Somaini.

After a one-hour docent-led tour, there will be time to continue exploring the museum, and opportunity to have lunch with the group. Cost for admission and the tour is \$8 collected at the Museum.

APRIL 3–4: GETTYSBURG, PA.

Come along on an overnight Civil War excursion to Gettysburg. We will carpool to Gettysburg—about a 90-minute ride. The visit will begin at the Gettysburg Museum and Visitor Center, which includes the renowned battlefield Cyclorama, first unveiled in 1884 and since renovated. Apart from the museum, the group will take

a licensed Battlefield Guided Bus Tour, a 2 ½ hour ride to significant points on the site. A combination ticket for the museum and bus tour costs \$42 per person and will be paid individually upon arrival.

The Gettysburg visit will include an overnight stay at an area hotel. While in the area, the group will also visit the Eisenhower National Historic Site, which preserves the retreat and eventual home of the 34th president as it was in the 1950's. Also in Gettysburg is the David Wills House, where President Lincoln stayed and where he put the final touches on his Gettysburg Address in November 1863.

You can learn more online about the area at www.destinationgettysburg.com. A recommended reading about the Battle of Gettysburg is the 1974 historical novel *The Killer Angels* by Michael Shara, a superb re-imagining of the conflict.

May: Glenstone (Potomac, MD)

June: Anacostia River cruise

Early October: 2-night, 3-day trip to Bucks County, PA.

Theater Offerings Unveiled

Capitol Hill Village members can purchase tickets for *Junk*, the critically-acclaimed drama about the financial shenanigans of the 1980s that have set the tone—and the fiscal agenda—for the ongoing debates on Wall Street and our economic lifeblood. The play will be performed at the Arena Stage at 2:00 p.m., Saturday, April 27.

Tickets, which are \$62.25 each, **must be reserved by March 20**. To reserve tickets, contact the CHV office at info@capitolhillvillage.org or 202-543-1778. For further information, e-mail Tom Zaniello at tzaniello@nku.edu.

When you see this play, you will finally confront directly some of the double-talk that has pulled the monetary wool over our eyes, such as “debt is an asset.” For those of us who used to think that assets were assets, Ayad Akhtar’s play about Robert Merkin, a



fast-talking, speed-dialing dervish of profitable debt, will jolt us into seeing the world in new ways, some of which are dangerous and threaten our future. The play introduces a remarkable array of hedge-fund managers, nervous investors, cut-throat lawyers, journalists on-the-make, and even hypocritical

federal prosecutors. Like Akhtar’s previous Pulitzer Award-winning play, *Disgraced*, we have to fasten our seat belts for a bumpy, sometimes hilarious, but always exciting trip to a financial past that controls our current lives. You may never mistake a junk-bond for a wrecking ball again.

Following the play, the group will meet at a nearby café for discussion.

As announced in the January CHV News, tickets to the March 23 matinee performance of Stephen Sondheim’s *Into the Woods* at Ford’s Theater **must be reserved by February 15**. The tickets are \$52 each. To make reservations, contact the CHV office at 202-543-1778 or info@capitolhillvillage.org.

After the performance, there will be a gathering with light refreshments at a member’s home.

TALKING TRANSPORTATION

DDOT Opens Adaptive Bike-share Survey

The DC Department of Transportation (DDOT) is looking for input from residents as it contemplates a pilot test of adaptive bicycles.

The term refers to a range of bicycles and tricycles that allows riders of more ages and abilities to enjoy the health and recreational benefits of cycling. Adaptive bikes range from upright cargo tricycles (an adult-size three-wheel bicycle) and recumbent tricycles, to wheel-chair bicycle tandems, and more.

DDOT is exploring the possibility of offering adaptive bicycles/tricycles as part of an Adaptive Bikeshare Pilot. The goal is to expand access to cycling. According to DDOT, this program would likely function as a bike/trike library, where the user would pick up and return an adaptive bike/trike at a specific location such as a recreation center. Staff would be available to assist the user in adjusting the bike/trike and to provide basic instruction on its use.

DDOT wants to know more about potential users of this service to best design it and has issued a survey asking eight questions to gauge interest, determine types of bicycles, and identify potential borrower locations. The survey includes pictures of a variety of adaptive bicycles.

The survey deadline is March 1 and it can be accessed at <https://ddot.dc.gov/page/adaptive-bikeshare-program>.

If you prefer, the survey can be printed and mailed. Below the “Complete the Survey” box is a link to “complete the survey by printing.” CHV plans to circulate the survey widely.

To get more information on the program, access the above website.

Contact CHV at info@capitolhillvillage.org or (202) 543-1778, if you have questions or would like to work with CHV to help circulate the survey.



This three-wheel bike rider was passing just outside the CHV Office. She cycles all over the city, gave up smoking, and even drives her grandson to school on the bike.

CHV Events for February 2019

Check the CHV website for programs that may be updated or added: www.capitolhillvillage.org

Monday, January 28, 4:00–6:00 p.m.

Private Home

Purls of Wisdom

Note: Signup deadline is 3 p.m., Monday, January 28

Join friends and neighbors for conversation and to work on your favorite needlework project. Bring your needles and sense of fun to join other friends and Village members to make progress on your latest needlework projects. There will not be lessons or technical assistance; this is for folks with some level of knitting experience.

Open to All

Monday, January 28, 6:30–8:00 p.m. **Note New Day!**

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 professionals from Iona,

To sign up, please contact the Village office at 202-543-1778 or info@capitolhillvillage.org. For more information, contact Katie Garber at CHV at 202-543-1778 or the group facilitator, Bill Amt, at bamt@iona.org.

Open to All

Tuesday, January 29, 12:00–2:00 p.m.

Townhomes on Capitol Hill, 750 Sixth St. SE

Wellness Café: Focus on Foot Health

Your feet contain 26 bones—one quarter of all the bones in the human body—plus 33 joints and over 100 tendons, muscles and ligaments. An average day of walking brings a force of several hundred tons to bear on your feet. This explains why feet are subject to pain, injury and other maladies and why taking care of them is so important.



Dr. LaVergne Andre

Podiatrist **Dr. LaVergne Andre** returns to discuss a wide range of foot issues and offer tips on exercises, shoe fitting, and treatments to keep your feet happy. Dr. Andre graduated from Ohio College of Podiatry in 1985 and has over 33 years of diverse experience in podiatry.

Open to All

Wednesday, January 30, 12:00–1:30 p.m.

Mr. Henry's, 601 Pennsylvania Ave. SE

CHV Lunch Party

Note: Signup deadline is 12 Noon, Monday January 28

Meet other CHV members over lunch at the popular Mr. Henry's, known for its burgers. Other options are: a grilled chicken breast sandwich; spinach



salad; a vegetarian quesadilla. One of these entrees, plus non-alcoholic beverages, can be your lunch for \$17, which includes taxes and gratuities. Alcoholic beverages are paid for separately. **NO CREDIT CARDS; CASH ONLY; Reservation required.**

Members and Volunteers

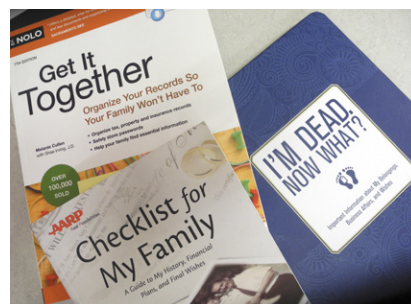
Thursday, January 31, 3:00–4:30 p.m.

Northeast Neighborhood Library, 330 Seventh St. NE

Get Your Papers in Order

GYPIO is a CHV initiative to help members prepare and gather important information, documents, and tools that could be helpful for loved ones/first responders if the member needs assistance. The Jan. 31 program will include presentations on important legal documents, support you can receive from CHV, and on working in small peer groups for motivation and problem-solving. See the January News for more.

Open to All



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CHV Events for February 2019

continued from page 14

Check the CHV website for programs that may be updated or added: www.capitolhillvillage.org

Saturday, February 2, Starting at 9:00 a.m.

Your home

Hazardous Waste and Shredding Pickup

NOTE: Signup deadline is 3 p.m., Thursday, January 31

Hazardous materials and personal papers will be picked up from CHV members' homes for delivery to the District's safe disposal site. Here's what you need to know:

Personal papers (medical, financial, utility bill stubs, old check stubs, etc.) should be put in paper sacks or cardboard boxes. These will be shredded at the drop-off site under view by the CHV delivery team.

Chemicals and batteries (household cleaners, garden chemicals, alkaline batteries) should be put in a sturdy plastic bag or cardboard box. Make sure the containers are sealed and not leaking.

Electronics eligible for pick-up include televisions, TV remotes, computers, monitors, modems, DVD players, cellphones, NiCad batteries, etc., and other items not accepted in weekly home trash pick-up. Capitol Hill Village recommends that you remove your hard drive from computers you are disposing in the pickup and that you wipe your address book and personal information from cell-phones. If you need assistance doing so, contact Capitol Hill Village at 202-543-1778 or info@capitolhillvillage.org to arrange for a volunteer to assist.

DO NOT INCLUDE: SMALL APPLIANCES (hand mixers, blenders, etc.); they can go in the regular trash. LARGE APPLIANCES (washers, dryers, refrigerator, etc.); call DC 311 for bulk trash pick-up. DRUGS—over-the-counter medicines go in the regular trash; for prescription drugs, call CHV or drop them off at the CHV Office for proper disposal. PAINT—See February 16 listing for Paint Pick-up.

Members Only

Monday, February 4, 7:00–8:00 p.m.

Northeast Neighborhood Library, 330 Seventh St. NE

Village Voices: The Brexit Affair—Why Breaking Up is Hard to Do

Anglo-American relations expert Ted R. Bromund will explore the current state of Brexit and what the outcome might mean for the United States. See story on page 11.

Open to All



Thursday, February 7, 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

Friday, February 8, Starting at 9:00 a.m.

Your Home

Book Pickup

Note: Signup deadline is 3 p.m., Thursday, February 7

Books, CD's, videos or DVD's are picked up for donation to the Friends of the Southeast Neighborhood Library. If you have extra books, CD's, videos or DVD's that you would like to donate, 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 so volunteers can identify.)



Please DO NOT include travel books older than 5 years old, any books in poor condition (old, mold, discolored, worn or torn), or out-dated business, economics and technical books.

Reservations required. Members only.

Friday, February 8, 10:00 a.m.–12:00 Noon

Northeast Neighborhood Library, 330 Seventh St. NE

CHV Advocacy Winter Meeting

The CHV Advocacy Corps will share findings on its research on housing and care options. Topics include: aging in community, the projected home health care aide shortfall, and steps needed to get policy-makers attention. Learn how you can participate. See story on page 1.

Open to All

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CHV Events for February 2019

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Check the CHV website for programs that may be updated or added: www.capitolhillvillage.org

Monday, February 11, 1:00 p.m.
Tunnick's Tavern, 222 Seventh St. SE

Wyze Guyz Camaraderie Lunch

Note: Signup deadline is 3:00 p.m., Sunday, February 10

Join other men in an informal, Dutch-treat gathering at a Capitol Hill restaurant to get to know each other better and relax over tavern fare and good conversation.

Members



Monday, February 11, 4:00–6:00 p.m.
Private Home

Purls of Wisdom—CHV Needlecraft Group

Note: Signup deadline is 3 p.m., Monday, February 11

Join friends and neighbors for conversation and to work on your favorite needlework project. Bring your needles and sense of fun to join other friends and Village members to make progress on your latest needlework projects. There will not be lessons or technical assistance; this is for folks with some level of knitting experience.

Open to All

Wednesday, February 13, 2:00–4:00 p.m.
Private Home

Poetry Readers

Poets draw pictures with words, each one carefully chosen. Words alone can't carry everything we know, but they are all we have. That's why we need poets. Tracy K. Smith, the current national poet laureate, says that poetry can be an antidote to our toxic civic culture. Poetry readers meet once a month to read and explore the insights of poetry. Bring a poem to read and discuss with enough copies to share with the whole group.

Reservations required.

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

Thursday, February 14, 6:00–7:30 p.m.
Private Home

Cinephiles

Note: Signup deadline is 3 p.m., Monday, February 11

Attendees should view any three of these films: *Cold War*, *Capernaum*, *Stan and Ollie*, *On the Basis of Sex*, *Shoplifters*, or *They Shall Not Grow Old*.

Reservations required. *Members and Social Members.*

Friday, February 15, 12:30–1:30 p.m.
Southeast Neighborhood Library, 403 Seventh St. SE
(accessible entrance on D St.)

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 NovaCare Rehabilitation.



Reservations required, but not limited. *Open to all.*

Saturday, February 16, Starting at 1:00 p.m.
Your Home

Paint Pick-up

Note: Signup deadline is 3 p.m., Thursday, February 14

From each household, put out a maximum of one large can and four small cans. Please dry out the paint in advance, and have cans tightly closed for pickup. Reserve by calling or emailing the CHV Office at 202-543-



1778 or info@capitolhillvillage.org. Let the staff know how many paint cans you have. Place them in a visible place on your porch the night before the pickup. The monthly CHV Hazardous Waste Pick-up no longer includes paint.

Members Only

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CHV Events for February 2019

continued from page 16

Check the CHV website for programs that may be updated or added: www.capitolhillvillage.org

Sunday, February 17, 2:00 p.m.
Folger Theater, 201 E. Capitol St. SE

Nell Gwynn

Note: Signup closed January 24; check with the CHV Office on availability.

A humble orange seller from the streets of Drury Lane steps onto the stage and becomes the darling of the Restoration theater. Nell discovers one of her biggest fans is none other than King Charles II. Smitten with Nell's spirit, the king brings her to court as a favorite mistress. Commissioned by Shakespeare's Globe Theater, this sparkling portrait of a rare woman earned accolades in London last season.

Tuesday, February 19, 6:00–7:30 p.m.
Private Home

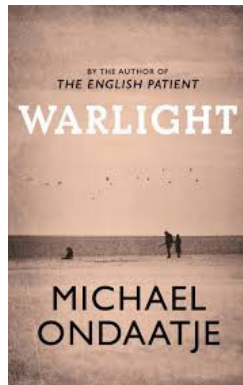
CHV Literary Club

Note: Signup deadline is 12 Noon, Friday, February 15

In February, the Village Literary Club will read Michael Ondaatje's recent novel *Warlight* (2018, 224 pp). Ondaatje is best known for his best-selling novel *The English Patient*.

Warlight is set in 1945, in bombed-out, war-torn London, and is narrated by 28-year-old Nathaniel, who is trying to piece together his unusual and adventurous adolescence when he and his sister, Rachel, were abandoned by his parents and left with two eccentric and disreputable men and their "Dickensian band of misfits." *Warlight* is both mystery and thriller, full of betrayal and revenge: where was the teens' mother Rose and what was she doing during the war? The plot unfolds like a puzzle (too slowly for some critics) but in the end all the pieces fit together. *The Washington Post* critic calls *Warlight* "a quiet new masterpiece."

Members and Social Members



Thursday, February 21, 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, February 23, 9:00 a.m.
Meet at Stanton Square

Urban Walkers

Note Signup deadline is 3 p.m., Friday, February 22

We will walk from Stanton Square to Union Station to take the Metro up to Woodley Park. We will walk through parts of Woodley Park and then head over to Adams Morgan to visit sites in that neighborhood. Walkers can head down to Dupont Circle metro stop or walk home. For those who want to have lunch we will chose a lunch venue that day.

Reservations required. Members and Social Members.

Monday, February 25, 4:00–6:00 p.m.
Private Home

Purls of Wisdom—CHV Needlecraft Group

Note: Signup deadline is 3 p.m., Monday, February 25

Join friends and neighbors for conversation and to work on your favorite needlework project. Bring your needles and sense of fun to join other friends and Village members to make progress on your latest needlework projects. There will not be lessons or technical assistance; this is for folks with some level of knitting experience.

Open to All

Monday, February 25, 6:30–8:00 p.m. **Note New Day!**
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 professionals from Iona,

To sign up, please contact the Village office at 202-543-1778 or info@capitolhillvillage.org. For more information, contact Katie Garber at CHV at 202-543-1778 or the group facilitator, Bill Amt, at bamt@iona.org.

Open to All

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CHV Events for February 2019

continued from page 17

Check the CHV website for programs that may be updated or added: www.capitolhillvillage.org

Tuesday, February 26, 12:00–2:00 p.m.

TBA

Wellness Café: Get the Buzz on Medical Marijuana Use for Seniors

Dr. Matthew Mintz, will discuss the growing use and benefits of medical marijuana for senior citizens. See story on page 11.

Reservations required. Open to all.



Thursday, February 28, 3:00 p.m.

Private Home

Parkinson's Support Group

Note: Signup deadline is 3:00 p.m., Monday, February 25

The Parkinson's Support Group is for individuals with Parkinson's to share knowledge, challenges, tactics, and provide support to one another.

Open to All

Thursday, February 28, 5:00–6:30 p.m.

Private Home

Village Opera Society

Note: Signup deadline is 3 p.m., Tuesday, February 26

Russian greatness: *Eugene Onegin*. Maygene Daniels will prepare us for the upcoming Washington National Opera production of Tchaikovsky's lyric opera *Eugene Onegin*. As usual—unrequited love, death, and remorse.

Members and Social Members. Reservations required.

Saturday, March 2, Starting at 9:00 a.m.

Your home

Hazardous Waste and Shredding Pickup

NOTE: Signup deadline is 3 p.m., Thursday, February 28

Hazardous materials and personal papers will be picked up from CHV members' homes for delivery to the District's safe disposal site. Here's what you need to know:

Personal papers (medical, financial, utility bill stubs, old check stubs, etc.) should be put in paper sacks or cardboard boxes. These will be shredded at the drop-off site under view by the CHV delivery team.



Saturday, March 2, 7:00–10:00 p.m.

St. Mark's Church, 301 A St. SE

CHV Gala: Fly Me to the Moon

The annual CHV Fundraiser promises good food and drink, a live and silent auction, and bidding on salon dinners, and dancing. See pages 1, 6, and 7 for information on tickets, the live and silent auctions, and the program. A registration form can be found on page 21, or reserve and pay online at www.capitolhillvillage.org/gala.

Open to All

Chemicals and batteries (household cleaners, garden chemicals, alkaline batteries) should be put in a sturdy plastic bag or cardboard box. Make sure the containers are sealed and not leaking.

Electronics eligible for pick-up include televisions, TV remotes, computers, monitors, modems, DVD players, cellphones, NiCad batteries, etc., and other items not accepted in weekly home trash pick-up. Capitol Hill Village recommends that you remove your hard drive from computers you are disposing in the pickup and that you wipe your address book and personal information from cell-phones. If you need assistance doing so, contact Capitol Hill Village at 202-543-1778 or info@capitolhillvillage.org to arrange for a volunteer to assist.

DO NOT INCLUDE: SMALL APPLIANCES (hand mixers, blenders, etc.); they can go in the regular trash. LARGE

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CHV Events for March 2019

continued from page 18

Check the CHV website for programs that may be added: www.capitolhillvillage.org

APPLIANCES (washers, dryers, refrigerator, etc.); call DC 311 for bulk trash pick-up. DRUGS—over-the-counter medicines go in the regular trash; for prescription drugs, call CHV or drop them off at the CHV Office for proper disposal. PAINT—See separate listing for Paint pick-up.

Members Only

Tuesday, March 5, 9:00 a.m.–2:00 p.m.
Kreeger Museum, 2401 Foxhall Rd. NW

CHV Travel Club Trip to Kreeger Museum

Note: Signup deadline is 3 p.m., Friday, March 1

This visit to the Kreeger includes a one-hour docent-led tour. The Museum houses nine Claude Monet paintings, as well as works by Renoir, Alfred Sisley, Pissarro, Picasso, Edvard Munch, and other masters. See story on page 12.

The main floor and sculpture terrace, where most of the works are housed, are accessible; lower galleries require navigating about 30 stairs. After the tour, there will be time to continue exploring the museum, and opportunity to have lunch with the group. Cost for admission and the tour is \$8 and will be collected at the Museum.

Open to all. Reservations required.

Wednesday, March 6, 6:00–7:30 p.m.
Private Home

History and Biography Club

Note: Signup deadline is 3 p.m., Monday, March 4

The club has chosen *The Promise of the Grand Canyon: John Wesley Powell's Perilous Journey and His Vision for the American West*, by John F. Ross (381 pp., 2018). A perfect blend of adventure and serious history, this book conveys both the excitement and the dangers of exploration and discovery, and the importance of Powell's scientific work as he applied it to the public debate about the use and protection of our national resources. Powell was a visionary whose understanding of the environment and what it was able to sustain for future development was based on sound science. He was part scientist, part adventurer, and part environmentalist who later, as a high-ranking scientist and governmental official, argued to respect what resources we have and to guard them as part of our national responsibility.

Members and Social Members. Reservations required.

Thursday, March 7, 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

Friday, March 8, Starting at 9:00 a.m.
Your Home

Book Pickup

Note: Signup deadline is 3 p.m., Thursday, March 7

Books, CD's, videos or DVD's are picked up for donation to the Friends of the Southeast Neighborhood Library. If you have extra books, CD's, videos or DVD's that you would like to donate, 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 so volunteers can identify.)

Please DO NOT include travel books older than 5 years old, any books in poor condition (old, mold, discolored, worn or torn), or out-dated business, economics and technical books.

Members only. Reservations required

Continuing CHV Events

Mondays, 9:00 a.m.

Gate House at Main Entrance to Congressional Cemetery

Easy Strollers *On Winter Hiatus*

This activity is designed for those who would like to extend their ability to walk distances. Strollers will walk 45 minutes with stops at some of the many benches scattered throughout the 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. We will walk unless it is raining or the temperature is less than 40 degrees.

Members, Social Members, Volunteers

► continued on page 20

Continuing CHV Events for February 2019

Check the CHV website for programs that may be added: www.capitolhillvillage.org

Mondays, 2:00–3:00 p.m.
Townhomes on Capitol Hill, 750 Sixth St. SE

Tai Chi

Practice the beautiful and healthy art of Tai Chi. Most classes devote one-half hour to exercises and review of the basic postures and the other half-hour to learning new postures. Both beginners and those experienced in Tai Chi can benefit from both half-hour sessions.

Open to all. Reservations required but not limited.

Mondays, 2:00 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 543-7530.

Open to All

Tuesdays and Thursdays, 10:00–11:00 a.m.
Capitol Hill Presbyterian Church, Fourth St. & Independence Ave. SE (side entrance accessible)

Qigong

Qi Gong is a form of gentle exercise, suitable for any age or physical condition, that consists of flowing movement and breathing techniques. They are designed to improve the function of internal organs, vascular systems, and muscular and joint health. In addition, the practice may enhance circulation and sleep and relieve stress.

Open to all. Reservations not required.

Tuesday, 12:00–1:30 p.m.
Capitol Hill Arts Workshop, 545 Seventh St. SE

Second Wind *Resumes February 12*

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

Tuesdays, 12:30–3:00 p.m. (beginning February 5)
Private home

Weekly Bridge *New Affinity Group!*

Note: Please sign up on the Monday afternoon prior to the game (Note: for Feb. 19, sign up by 3pm, Feb. 15)

Interested in social bridge? Looking for a new activity to escape the winter doldrums? During February, this group will play “MiniBridge,” which is a simplified version of bridge. MiniBridge is a great way for beginners to enjoy the game, and for those who have not played for a while to focus on the play of the game rather than on bidding. All levels are welcome—the goal is to have fun, enjoy the game and become better bridge players.

You can learn more about MiniBridge at <https://en.wikipedia.org/wiki/Minibridge>.

Wednesdays, 12 Noon–1:00 pm
Townhomes on Capitol Hill, 750 Sixth St. SE

Meditation Hour

Patrick Hamilton will guide simple exercises, that alone or in combination can help break the cycle of mental stress we experience and can be incorporated easily into your daily schedule. Patrick is a member of the Washington Buddhist Vihara and Bhavana Forest Monastery and Retreat Center in West Virginia.

Open to all

Wednesdays, 2:00–4:00 p.m.
Private Home

Mahjong

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 and Social Members

Join Your Friends in Celebrating Capitol Hill Village

Make Your Reservations Now for the Annual CHV Gala

Honoring the 50th Anniversary of the Lunar Landing, the 2019 Capitol Hill Village Gala will take you to the moon with a collection of wonder, splendor, amazing decorations, heavenly food, auction items, Salon Dinners, dancing, and special guests that are other-worldly. Prepare to have a cosmic experience!

Saturday, March 2, 2019, 7:00–10:00 p.m.
St. Mark's Church, 301 A Street SE

You will not receive tickets for the Gala. Your reservation will assure entry for you and your guests on March 2.

Dress: Black tie optional; festive dress is encouraged and bring dancing shoes!

For the latest info, sponsor opportunities and to pay online: <https://capitolhillvillage.org/gala>

Questions? Contact LaShaune Littlejohn at llittlejohn@capitolhillvillage.org or call 202-543-1778, Ext. 103



Please make your check payable to "Capitol Hill Village" and note "Gala 2019" on the payment. Please mail completed form with payment to: Capitol Hill Village, 725 8th Street SE, Unit 2, Washington DC 20003.

CHV is a 501(c)3 charitable organization. The value of the benefits associated with each guest "ticket" has been determined to be \$60. The remainder of your gala reservation price/sponsorship contribution may be tax deductible.

RETURN THE BOTTOM PORTION IN THE ENCLOSED ENVELOPE

Use this space for the main contact person and enter the guest information in the table below.

Contact Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Email: _____ Phone: _____

Payment Amount: \$ _____

☐ Check (see above) ☐ Credit Card

Name on Card: _____

Card Number: _____

Expiration Date: _____

☐ Please reserve _____ place(s) (\$125/per person)

☐ Please reserve _____ table(s) for 8 guests (\$1,000/table)

☐ I would like to support CHV with an additional gift of
 \$ _____

NOTE: For table reservations or other multiple ticket orders, the **entire payment must accompany this form.** Attendees must manage their combined payments and provide to CHV with this form.

	Guest First Name	Guest Last Name	Guest Email	Guest Phone	CHV Member?
1					<input type="checkbox"/> YES <input type="checkbox"/> NO
2					<input type="checkbox"/> YES <input type="checkbox"/> NO
3					<input type="checkbox"/> YES <input type="checkbox"/> NO
4					<input type="checkbox"/> YES <input type="checkbox"/> NO
5					<input type="checkbox"/> YES <input type="checkbox"/> NO
6					<input type="checkbox"/> YES <input type="checkbox"/> NO
7					<input type="checkbox"/> YES <input type="checkbox"/> NO

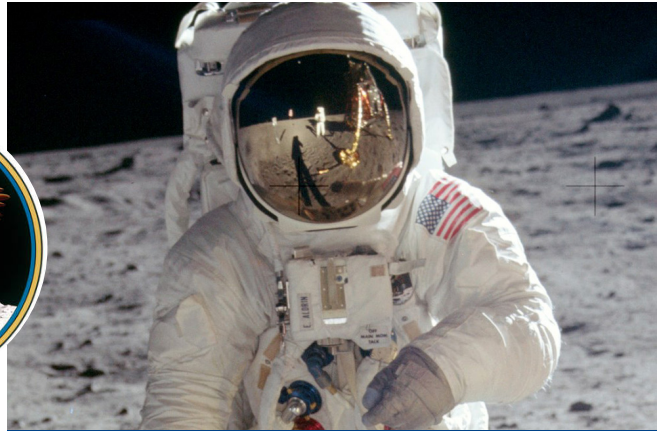
Thank you for your generous support of Capitol Hill Village!

Fly Me to the Moon!

The **2019 Capitol Hill Gala** will be on Saturday, March 2 at St. Mark's Episcopal Church, 301 A St. SE. This must-attend event of the winter season commemorates the 50th Anniversary of Neil Armstrong's walk on the moon and will again feature good food, dancing, and live and silent auctions. See pages 1 and 6-7 for details.

The gala is made all-the-more fun for its fundraising efforts for the Village. Attendees get to sign up for amazing salon dinners, bid on wonderful homes outside of DC to visit, and participate in the live auction for goods, services, and once-in-a-lifetime excursions that are totally *over the moon!*

Reserve your spot and pay online at www.capitolhillvillage.org/gala. Or use the form on page 20.



Become a Gala Volunteer or Donor!

Help will be needed with set-up, greeters, coat check, break-down, etc. Also looking for silent auction donations and donations of air and Amtrak miles. Call 202-543-1778



Capitol Hill Village
725 8th Street SE, 2nd Flr.
Washington, DC 20003