Everything’s “Jake” as the CHV Gala and Auction Nears

The flappers’ dresses are cleaned and pressed.

Hats, pearls, and boas are procured for the photo booth.

Champagne bottles are decorated with pearls and sparklies for table center-pieces.

People are practicing their best Roaring Twenties lingo.

Memorabilia from the Suffragettes, Harlem Renaissance, Prohibition is being collected.

The roadster is on order (well, maybe a cardboard version).

The Man in the Green Hat—the Hill’s bootlegger—may make an appearance.

People are practicing the Charleston and the Lindy Hop.

All of this adds up to Glitz, Gangsters and Gatsby and another spectacular

Capitol Hill Village Gala on Saturday, Feb. 29, from 7:00–10:00 p.m. at St. Mark’s Church, 301 A St. SE.

Everything about the Gala is at: http://bidpal.net/chvgala. Use this website to buy tickets, view auction offerings, bid on selected offerings, sponsor the Gala, donate, and more.

► continued on page 6
# February 2020 Capitol Hill Village Events

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td>32</td>
</tr>
<tr>
<td>Sunday Supper, 4 pm, p. 13</td>
<td>Tai Chi, 2–3 pm, p. 18 Petanque, 2 pm, p. 18 Iona Caregiver Support Group, 6:30-8 pm, p. 13 RSVP by 2 pm for Jan. 28 Social Bridge</td>
<td>Qigong, 10 am, p. 18 Second Wind, 12 Noon–3:30 pm, p. 18 Social Bridge, 1:00–3:30 pm, p. 18</td>
<td>Intro to Mahjong, 10–11 am, p. 19 Mellow Flow Yoga, 10:30–11:30 am, p. 19 Meditation, 12 Noon, p. 19 Mahjong, 2 pm, p. 19</td>
<td>RSVP by 12 noon for Feb. 1 Hazmat/ Shredding Pickup</td>
<td>Feb. 1 Hazmat &amp; Shredding Pickup, starting at 9 am, p. 12 Memory Disorder Research and Care, 11–1 pm, p. 12</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>Tai Chi, 2–3 pm, p. 18 Petanque, 2 pm, p. 18 RSVP by 3 pm for Feb. 4 Social Bridge</td>
<td>Tai Chi, 2–3 pm, p. 18 Qigong, 10 am, p. 18 Second Wind, 12 Noon–3:30 pm, p. 18 Social Bridge, 1:00–3:30 pm, p. 18 Village Voices: Stephanie Deutsch, 7 pm, pp. 9 &amp; 13</td>
<td>Qigong, 10 am, p. 18 Alzheimer’s Support Group, 10:30 am, p. 13 Second Wind, 12 Noon–3:30 pm, p. 18 Social Bridge, 1:00–3:30 pm, p. 18</td>
<td>Intro to Mahjong, 10–11 am, p. 19 Mellow Flow Yoga, 10:30–11:30 am, p. 19 Meditation, 12 Noon, p. 19 Purls of Wisdom, 1–3 pm, p. 13 Mahjong, 2 pm, p. 19</td>
<td>Games &amp; Puzzles Group, 2–4 pm, p. 13</td>
<td>CHV Gala Online Auction Open for Previewing Items! RSVP by 3 pm for Feb. 10 Wyze Guyz Lunch</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
</tr>
<tr>
<td>Play: 39 Steps, 2 pm, p. 14</td>
<td>CHV Office is CLOSED for PRESIDENT’S DAY Petanque, 2 pm, p. 18</td>
<td>Qigong, 10 am, p. 16 Second Wind, 12 Noon–3:30 pm, p. 16 Social Bridge, 1:00–3:30 pm, p. 18 Literary Club, 6 pm, p. 15</td>
<td>Intro to Mahjong, 10–11 am, p. 19 Mellow Flow Yoga, 10:30–11:30 am, p. 19 Meditation, 12 Noon, p. 19 Purls of Wisdom, 1–3 pm, p. 15 Mahjong, 2 pm, p. 19</td>
<td>Games &amp; Puzzles Group, 2–4 pm, p. 15 Audio Book Club, 2 pm, p. 15 RSVP by 12 noon for Feb. 25 Wellness Cafe</td>
<td>Physio Balance Class, 12:30–1:30 pm, p. 15 RSVP by 3 pm for Feb. 22 Urban Walkers</td>
<td></td>
</tr>
<tr>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
</tr>
<tr>
<td>Sunday Supper, 4 pm, p. 13</td>
<td>Tai Chi, 2–3 pm, p. 18 Petanque, 2 pm, p. 18 RSVP by 2 pm for Jan. 28 Social Bridge</td>
<td>Qigong, 10 am, p. 18 Wellness Café: Better in 2020, 12–2 pm, p. 16 Second Wind, 12 Noon–3:30 pm, p. 18 Social Bridge, 1:00–3:30 pm, p. 18 Hand Dancing, 1:30–3:30 pm, p. 16</td>
<td>Intro to Mahjong, 10–11 am, p. 19 Mellow Flow Yoga, 10:30–11:30 am, p. 19 Meditation, 12 Noon, p. 19 Mahjong, 2 pm, p. 19</td>
<td>Parkinson’s Support Group, 10:30 am, p. 16 Village Opera Society, 6–7:30 pm, p. 17</td>
<td>The DC Center Aging Lunch, 12 noon–2 pm, p. 17</td>
<td></td>
</tr>
<tr>
<td>30</td>
<td>31</td>
<td>32</td>
<td>33</td>
<td>34</td>
<td>35</td>
<td>36</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>March 1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td></td>
<td>September 28, 2019</td>
<td>Qigong, 10 am, p. 18 Second Wind, 12 Noon–3:30 pm, p. 18 Social Bridge, 1:00–3:30 pm, p. 18</td>
<td>Intro to Mahjong, 10–11 am, p. 19 Mellow Flow Yoga, 10:30–11:30 am, p. 19 Meditation, 12 Noon, p. 19 Purls of Wisdom, 1–3 pm, p. 17 Mahjong, 2 pm, p. 19</td>
<td>Games &amp; Puzzles Group, 2–4 pm, p. 17 RSVP by 12 noon for Feb. 1 Hazmat/ Shredding Pickup</td>
<td>Hazmat &amp; Shredding Pickup, starting at 9 am, p. 17</td>
</tr>
</tbody>
</table>

RSVP FOR EVENTS BY CALLING THE OFFICE AT 202-543-1778 FROM 9 AM TO 5 PM, OR E-MAILING: INFO@CAPITOLHILLVILLAGE.ORG
FROM THE EXECUTIVE DIRECTOR
Taking Advocacy to the Next Level

As many of you know, I spent the last 13 years working as a public policy advocate. Unlike many policy wonks here in the District, I focused not on federal policy but on the District itself as a community where real people live. That meant working with Councilmembers and DC agency directors and sometimes the Mayor or Attorney General on issues ranging from early childhood and special education, to child support, to long term care, to workforce development.

Although I was familiar with the Village because of my long residence on the Hill, it was through my professional activities that I first really saw what CHV is, and what it can do. I have been a member of the DC Long Term Care Coalition (LTCC) for about 10 years. I joined in large part because Vera Mayer, a lawyer, social worker, and then the Coordinator of the LTCC among many other things, convinced me that my organization needed to place a higher priority on addressing issues related to aging and the workforce. Vera retired, and her role was assumed by Judith Levy, a former home health nurse who runs the LTCC with a genuine appreciation for the power of collaboration.

One of the issues that rose to the top of the agenda of the LTCC was the shortage of home health aides to serve older District residents in their homes. Workforce issues had been part of my portfolio for many years. On the long-term care issue, I was active in trying to identify and bring together the many different District entities with roles that impacted the size and quality of the home health workforce. These included the Department of Employment Services, the Board of Nursing, and the Department of Health Care Finance. Indeed, this complexity has been a huge part of the problem—no one “owns” this issue, and no one in public service was stepping up to be the champion.

It was in this context that I first encountered the CHV Advocacy Corps. First Mary Procter and Fran Hoffman came to LTCC working group meetings, bringing with them fact sheets, data analysis, and first-hand knowledge of how the worker shortage was affecting the Capitol Hill community. Then Susan Sedgewick showed up, and I saw the way the group was working together. I came to understand that what I was seeing was the tip of the iceberg. The CHV Advocacy Corps reached wide and deep and contained more talent, experience, and commitment than I ever thought possible in a volunteer crew. And they traveled to our meetings in Tenleytown by Metro!

Together we drafted letters and met with District leaders. We attended Board of Nursing meetings and pressed for follow-up on the issues raised. We successfully engaged Council Members on the
FROM THE PRESIDENT

CHV Board Keeps A Steady Course

The Capitol Hill Village Board held its first meeting of 2020 on January 14. We received reports from our outstanding Committee Chairs. Mike Grace reported on the activities of the Governance Committee. He is leading us in thinking about the kind of education and support we need as Board members to be able to serve CHV to the best of our abilities. Susan Sedgewick reported on the busy couple of months of the Advocacy Committee (more on that elsewhere in the Newsletter), and Rachel Vladimer reported on behalf of the Finance Committee. We also heard reports on the progress of our new space—thank you Tama Duffy Day! And, of course, we spent time discussing the upcoming Gala, which is chugging along thanks to the leadership of Elizabeth Cabot Nash and Bruce Brennan. We were joined by our two newest Board members, Nancy Deck and Patricia Thomson, and were glad to have Rick Rutherford back in person. Every meeting reminds me how fortunate I am to work with such a great group of people.

The good news is that we’re on a steady course. All of our transition preparation has been paying off in a smooth handoff between the outgoing and incoming Executive Directors, and the board’s work is moving forward. And, of course, we continue to wrestle with the big questions that face every board: what’s the best size for our Board? Do we have the right committees to do the work we need and want to do? How do we best support implementation of the strategic plan that we put so much effort into creating?

As we wrestle with these big questions, we are starting to think about modifying or adding new committees to address some of the organization’s needs. For example, the Advancement Committee which led the strategic planning process has been inactive since that work was finished. What is their next piece of work? We discussed adding a Membership Committee to think strategically about how to grow our membership and ensure we’re providing the right services to meet the needs of new and existing members. What about a Development or Fundraising Committee to support the Executive Director in raising money?

Like everything we do at the Village, the Board draws on the generosity and expertise of our members to make things happen. Do you have expertise to share with the Board? Would you like to be on one of these new Board committees? If you’re interested, please reach out to me or Mike Grace, and we will make sure to include you as the plans develop. And remember, Village members are always welcome at Board meetings. Call the office for the details of the next meeting of the full Board. Hope to see you there!

FROM THE EXECUTIVE DIRECTOR

Taking Advocacy to the Next Level

issue—people who had never really taken an interest before. Of course, the shortage is nationwide and far from resolved. But we moved the needle, and indeed, that issue remains a focal point of the comments the Advocacy Committee submitted in January on the District’s Comprehensive Plan.

It’s not an accident that this experience working with Susan, Mary, and Fran preceded my decision to apply to become CHV’s Executive Director. In fact, the email announcing the job opening came to me from Mary. But more than that, I was impressed by the willingness of the Advocacy Corps to engage on this difficult and, let’s be honest, very unsexy issue. And I was touched by the collaborative and supportive spirit that clearly ran among the group’s members.

I was inspired by the energy that animated their analysis and their desire to learn and do more.

Now, I’m honored and humbled that I get to work alongside the Advocacy Committee, and the entire Advocacy Corps. I can’t wait to see what we accomplish next!
“Aging is not a simple issue. Concerns of most older adults at ages 66 or 70 when they first retire are different from the issues they face at ages 80 or 85 when they are more likely to experience infirmity, dementia, or disability” the letter continued. “The District must take account of these differences and inequities as it plans for the near future and assume that most older adults will, at some point in their lives, require some form of long-term care, whether as part of a housing facility or in a private home.”

CHV expressed appreciation for recognition in the Plan of the value of “Senior Villages” and submitted five specific overarching actions to remedy deficiencies it identified in the proposed amendments, calling them critically important to serving not only our members but all older adults who live in the District:

► **Action #1**—Identify clearly how many people need long-term care in the District.

► **Action #2**—Assess the match between the locations for long-term care and the older people who need it.

► **Action #3**—Focus on the needs for long-term care for the “forgotten middle”—households with middle incomes that include one or more persons aged 65 or over who cannot live independently and with incomes 30-100 percent of median family income. Individuals in these “forgotten middle” households cannot qualify for Medicaid, and do not have the funds needed for market-rate long-term care services and facilities, such as assisted living, adult day care, and memory care. The final Comprehensive Plan should draw attention to innovations in other states for providing care to middle-income households, such as community-based and building-based nurses and building-based home care workers who can serve many households.

► **Action #4**—Seize the opportunity that Reservation #13 offers to build an innovative multi-generational neighborhood that serves families and older people with a full range of incomes, including those needing long-term care services. Reservation 13 is a big site that, in fact, will become a major new neighborhood. It will need coordinated public services, housing, retail, and space for recreation. The final amendments to the Plan should recommend a creative mix of housing for a range of income levels and long-term care facilities for a range of income levels and intergenerational interaction. [Reservation 13 includes the now-closed DC General Hospital and the DC Jail and is bounded on the north by Independence Avenue, the D.C. Armory, and RFK Stadium; on the east by the Anacostia River; on the south by Congressional Cemetery; and on the west by 19th Street S.E.]

► **Action #5**—Increase the quality and number of home health-care aides by outlining specific actions necessary to reach specific targets. “Failing to increase the number of such workers will make it hard for the many District residents who want to age in place to be able to do so. Our recommended actions include making the certification testing for home health care workers more relevant to their actual work requirements and addressing the extreme difficulty for these workers to find housing they can afford at their pay levels, with reasonable transportation to the District.”

CHV noted “numerous places where important data on older people and the need for long-term care is missing or inaccurate” and offered assistance to the DC Office of Planning in addressing data gaps.

CHV made its comments in a letter to Andrew Trueblood, Director of the DC Office of Planning.

The Advocacy Corps and other CHV members turned out in force for a recent meeting with city planning officials getting input on the Comprehensive Plan.
Everything’s “Jake” as the CHV Gala Date Nears continued from page 1

Tickets can be purchased now at http://bidpal.net/chvgala for $150 each. If a CHV member has difficulty with the reservations process, they can call the CHV Office for assistance.

What can you expect at the Gala?
The joint will be hopping as it becomes a Speakeasy (“Judy sent me” is the password) where you can enjoy bootlegged beverages and tasty foods. Dance to live music and hobnob with city leaders!

Bid on salon dinners held in interesting homes with national and international celebrities, thought leaders, political experts, and others. The auctions are always a big part of the Gala and this year will be no exception with an array of vacation homes, entertainment tickets, restaurant gift cards, and more.

How do you bid on auction items and salon dinners? Starting February 7, you can preview many of the auction items, vacation homes, and salon dinners on the auction website: http://bidpal.net/chvgala. Some items will be offered for online bidding, and that will open February 14 and close on March 2.

On the evening of the Gala, you can bid on vacation homes, sign up for salon dinners, and participate in the live auction and fund-a-cause to support Capitol Hill Village.

Whether you dance, bid or simply donate please support CHV as we support older adults remain healthy, active contributing members of our community!

Concerts, sports events, theater tickets, vacation homes, and a great line-up of salon dinner guests have been confirmed and await your bidding. This was the list when the CHV News went to press, but other items will be added, so check the Gala auction site often.

**Theater**

- **Celine Dion in Concert at Capital One Arena.** Two suite-level tickets for March 11.
- **Theater Alliance,** two tickets to see BOTH of the remaining shows.
- **Signature Theatre,** two tickets to any of the remaining season productions (except *Mama Mia* at The Anthem).
- **Woolly Mammoth,** two tickets to see any of the remaining productions.
- **Scena Theatre,** four tickets to any production through Jan. 15, 2021.
- **Arena Stage,** two tickets for *Seven Guitars or Toni Stone* (except opening nights).
- **Atlas Performing Arts Center,** Tickets to the In Series’ production of *Rigoletto*.
- **Studio Theater** tickets.
- **Axelrod Quartet,** two tickets to May 9 performance at the National Museum of American History.

**Sports & Health**

- **Washington Capitals vs. Chicago Blackhawks,** two suite-level tickets at Capital One Arena for March 14.
- **Washington Nationals,** four tickets for a game of your choosing; Section 129, right above the first base dugout.
- **Sport and Health Club,** one-month membership.

**Certificates & Services**

- **Mr. Henry’s,** $75 gift certificate.
- **College admissions advice,** two hours of counseling on your choice of topics; before August 1.
- **Estate planning advice** (will, durable power of attorney, advance directives) from Micah Salb.
- **Capitol Hill Arts Workshop,** $150 gift certificate.
**Vacation Homes**

**Historic Home in Cape May.** Four nights; Flexible dates and length of stay by mutual agreement and depending on availability—July, August, and most major holidays are typically full.

**Vermont Walden “Off the Grid.”** Available for any week by mutual agreement except New Year’s week, Memorial Day weekend, Fourth of July holidays, and the month of August.

**A Week on the Coast of Maine.** One-bedroom apartment available any mutually agreeable week within one year.

**St. Michael’s Boathouse.** Any two nights between April and December 2020 by mutual agreement.

**Azure Knoll, Blue Ridge Mountain Estate.** Any Friday and Saturday nights by mutual agreement; additional nights for $265 per night.

**Raleigh, NC Holiday—Two properties offered.** A two-person studio AND a 3-bedroom townhouse, both near downtown.


**Beantown Beckons.** Spend the weekend in Boston in a two-bedroom downtown industrial loft.

**Fire Island Weekend.** Traditional beach house in the restful Seaview Community; sleeps eight.

**Vieques, Puerto Rico.** Six nights in a Caribbean villa.

**Salon Dinners**

**Bob Levey,** author and former Washington Post columnist

**Doug Berman,** NPR Producer of *Car Talk* and *Wait Wait...Don’t Tell Me*

**Phil Mendelson,** DC Council Chair

**Vincent Gray,** DC Council Member

**Lou Bayard,** novelist and critic

**Parker Jayne and Thea Austen,** Concert Tour of the Republic of Georgia

**Michael Stein,** craft beer brewer

**Bonnie Benwick,** former Deputy Food Editor at *The Washington Post*

**Charles Bolden,** former astronaut and NASA Administrator

**Petula Dvorak,** Columnist for *The Washington Post*

Architectural photographer **Alan Karchmer** and photographer stylist **Sandra Benedum**

**Alison Glick,** author of a forthcoming memoir of life in a Palestinian refugee camp

**Morgan Gendel,** SciFi screenwriter and producer
Transitioning to a New Decade: Daunting or Delightful?

Research has found a link between an upbeat mental state and improved health, including low blood pressure, reduced risk for heart disease, healthier weight, better blood sugar levels, and longer life. The aging process can present many challenges to positivity: loss of friends or loved ones; declines in vision, hearing or agility; a loss of purpose; or other unexpected changes.

Capitol Hill Village invites you to participate in an interactive and fun Wellness Café on February 25 that will reawaken your ability to be resilient when facing life’s significant transitions.

While having a positive outlook does not mean that you never experience sadness or anger in appropriate circumstances, it is important to be able to balance negative and positive emotions. Resilience is defined as the ability to bounce back when things don’t go as planned. All of us are resilient, and in many ways, already experts at it. So, what do we need to do to “bounce back” when occasionally, bouncing is the last thing we want to do?

Capitol Hill resident, Patricia Adelstein, founder of Adelstein Consulting and Coaching and an organizational development practitioner and certified leadership coach from Georgetown University, will facilitate the session. She and her husband, Jay, have experienced the changes that have taken place on the Hill, and they are navigating the changes associated with retirement and empty nesting. Patricia’s facilitation will allow participants to reflect on similar changes in their internal and external worlds and help us explore how transitions, while sometimes sad or uncomfortable, allow for choice and growth. We hope to tap into the wisdom of the group, learn from common experiences, and discuss how humor can help us bounce back, even in the most difficult times.

The free CHV Wellness Café lunch-and-learn monthly-ish sessions feature expert speakers to promote good mental, physical, spiritual and/or emotional health with both “food for thought”—and food for a light lunch!

Tour the New CHV Office

The Wellness Cafes are held at the Lockwood, right next door to the new CHV Office space. If you have not seen the space and would like a tour before an upcoming Wellness Café or another event scheduled there, contact the CHV office and we will try to have someone meet you for a tour.

Wellness Café

Basic Training 4 Your Body

Members participated in the fun and informative Basic Training 4 Your Body—an interactive assessment designed for those age 60-plus. The presentation included discussion of proper body mechanics, injury prevention, and overall health. It was led by Bill Yates Jr. (left), Project Director of the YMCA Fit and Well Seniors Program.
City Year Students Aim to Improve Education

Wearing the signature AmeriCorps City Year red jacket, Andrea Mitchell described a challenging, yet rewarding, year tutoring and mentoring students at DC’s John Hayden Johnson Middle School. City Year’s goal is reduction of the achievement gap in public schools, and Andrea and her colleagues are regularly at the school 10 hours a day working with students to build trusting relationships and help them overcome roadblocks to learning that sometimes result from the environment they live in.

Speaking at the January Voices program, Mitchell had suggestions for how the public can help. City Year is a non-profit, and you can donate at www.cityyear.org. Individual schools also can use donations that support student programs—computer mouse (sometimes don’t have them), pizza for a school dance, and school supplies were suggestions. Advocating at the city or Federal level for additional education funds is also important. Finally, schools are always looking for volunteers to tutor students and help in the classroom.

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: Stephanie Deutsch on the Julius Rosenwald Fellowship Program. From 1928 to 1948 the Julius Rosenwald Fund’s Fellowship Program awarded grants to hundreds of African American writers, educators, artists and scholars, as well as Southern whites with interests in improving race relations. Many of the leading figures of the day were Rosenwald Fellows including lawyers who were part of the famous case of Brown v. Board of Education.

Stephanie Deutsch, the author of You Need a Schoolhouse: Booker T. Washington, Julius Rosenwald, and the Building of Schools for the Segregated South, will introduce us to the Fellows and their impact on life in the mid-20th century.

March 10: Peter Stein will discuss his newly published memoir: A Boy’s Journey: From Nazi-Occupied Prague to Freedom in America. The son of a Catholic mother and Jewish father, Stein spent his childhood during the Nazi occupation of Czechoslovakia and later experienced the Communist takeover before emigrating to the United States with his mother. His father was forced into slave labor but survived and ultimately was able to rejoin the family. His paternal family—aunts, uncles, cousins, and grandparents—were lost. Described as “a powerful story of human resilience in the face of violence, uncertainty, and fear,” Stein’s memoir bears witness to historical events through the eyes of a child. Stein was Co-Director of the Center for Holocaust and Genocide studies at William Paterson University in New Jersey and has written about genocide and the Holocaust and has lectured widely.

April: Karen Mulhauser and friends on the profile of women in politics since the 19th Amendment was ratified.

May: Jack Wennersten on climate change, rising tides, and climate refugees.

June: Paul Rosenzweig on Independent Counsel Kenneth Starr’s investigation into the Clinton Whitewater controversy.

Village Voices programs are from 7:00-8:00 p.m. at the Northeast Public Library, 330 Seventh St. NE, and open to the public.
Renewing Your Driver License? Let’s Chill!

As you may have heard, beginning October 1, 2020, people will need a REAL ID compliant driver license or non-driver identification card in order to board an airplane in the United States and for other identification needs.

People whose driver license or non-driver identification, expires before that date, can use the regular renewal process. For licenses expiring after Oct. 1, the DC Department of Motor Vehicles is offering early renewal. An appointment is required for early renewal. Information on the REAL ID process and appointment scheduling renewal. Information on the REAL ID and application can be located at https://dmv.dc.gov.

But regardless of when you renew, this is not the license renewal system you experienced in the past! You will need a number of identification pieces, people over age 70 need a medical certification from their doctor, and some people may need additional medical certifications.

To avoid multiple trips to the DMV Office, here is how the process works.

The CHV Office can assist CHV members who need help downloading forms or have other questions.

First, visit the information site at https://dmv.dc.gov.

Then, download the application form at https://dmv.dc.gov/sites/default/files/dc/sites/dmv/publication/attachments/DMV%20BOE%20Application_2-25-19.pdf. The application contains a medical practitioner certification, which must be completed for persons over age 70, so allow yourself a few days to get the signature.

In addition, if you are applying for a driver license and have a medical condition that may impair your ability to safely operate a motor vehicle, even temporarily, (see Section D of the application) you must provide a Medical/Eye Report form that has been completed by your physician and/or ophthalmologist or optometrist. This form is also on the DMV website.

When you are ready to visit the DMV Service Center, you will need to verify who you are and where you live. Take the following:

- The completed application form with doctor’s signature and Medical/Eye report if needed.
- One proof of identity: birth certificate, unexpired U.S. passport, permanent resident card, certificate of naturalization, certificate of U.S. citizenship, or employment authorization card.
- One proof of Social Security: Social Security card, pay statement, 1099 form, or W-2 form reflecting full name and Social Security number.
- Two recently-issued proofs of residency that carry your full name and address: utility or telephone bill; home security system bill with name and address and issued within the last 60 days; deed or mortgage settlement agreement with name and property address issued within last 60 days; unexpired rental or lease agreement; DC property tax bill issued in last 12 months; unexpired homeowner or renter’s insurance policy; bank, credit card, or investment account statement issued within the last 60 days; auto personal loan statement issued within last 60 days; or medical bill issued within last 60 days.

These are examples suggested by the DMV, but others may be acceptable if they meet the criteria of proving identity, Social Security, and residency. See the Document Verification Guide at https://dmv.dc.gov/page/real-id-early-renewals.

DMV Service Centers are located at:
- 95 M St. SW, 3270 M St. NW, 2350 Washington Pl. NE, and 4525 Benning Rd. SE.

Are You Ready for Tax Season?

If you file your income tax return annually, the IRS will be waiting to hear from you no later than April 15.

Capitol Hill Village does not offer full tax assistance, but can provide advice on how to get assistance.

For CHV members who want to hire a professional tax preparer, CHV can provide vetted vendor referrals so you can rest assured you are working with someone known and trusted.

CHV also has volunteers who can help you organize files or paperwork in preparation for your appointment with a tax preparer.

For low- to moderate-income taxpayers who are age 50 or older, AARP Foundation Tax-Aide offers free, individualized tax preparation from February 1–April 15. The sites nearest Capitol Hill are:

- **King Greenleaf Recreation Center**, 207 N. St. SW; Mondays and Wednesdays from 11:00 a.m. to 3:00 p.m.
- **Anacostia Library**, 1800 Good Hope Rd. SE; Tuesdays from 11:00 a.m. to 5:00 p.m. and Thursdays from 11:00 a.m. to 3:00 p.m.

For more information about AARP Tax-Aide sites, including a full list of documents to bring with you, call AARP at 888-687-2277, email at taxaid@aarp.org, or visit them online at https://www.aarp.org/money/taxes/info-01-2011/important-tax-documents.html?intcmp=AE-FOU-TAXAIDE-LOCATOR-IL-DOCS.

Mt. Sinai Baptist Church, 1615 Third St. NW; Saturdays from 10:00 a.m. to 2:00 p.m.
Revisions in Medicare Reimbursement for In-Home Services

Everyone’s favorite three-word sentence is here again: “Medicare is Changing.” Qualified Medicare beneficiaries are entitled to certain benefits after an illness, hospitalization, or other incident. For example, if you fall and injure yourself, you might need physical therapy to help get you back on your feet. If you were not hurt badly enough to need an in-patient rehabilitation center, a physical therapist and even an occupational therapist might come to your home at no out-of-pocket cost to you.

As of January 1, Medicare changed the way it reimburses providers of such in-home therapies including physical therapy, occupational therapy, speech therapy, or limited in-home assistance with bathing and grooming. This change is very fresh, and it’s unclear whether or how it will impact services provided in the home.

One change we have seen is an influx of providers stating they are providing in-home care under out-patient benefits. If you get offered this service, please call the Village Office before agreeing to any services, and a member of the CHV Care Services team can help you vet the service and determine if it is the appropriate choice for your situation.

For consumers of healthcare, it can be confusing when health insurance models change, especially if we’re also dealing with the uncertainty of an accident, illness, or new diagnosis. Utilizing a third-party service, such as Capitol Hill Village, can be very helpful in getting the most out of benefits you are entitled to and making sure you don’t get ripped off.

Other resources include the DC Health Insurance Assistance Program (SHIP) at 202-727-8370 or Legal Counsel for the Elderly, at 202-434-2190.

Keep Calm, and Call CHV!

Introducing CHV’s new Peer Health Educators

Capitol Hill Village is pleased to announce the hiring of six Peer Health Educators! They are currently going through training on transportation options and more to learn how to best support their peer partners. In mid-February, they will be matched to their peer partners. They will work with seniors to learn about transportation alternatives, serve as medical advocates, and open up new doors to help seniors live full lives as they age in community.

The Peer Health Educators include three CHV members and three new friends of the Village, who we are excited to welcome. If you would like to learn more about the Peer Health Education program, contact Meghan Wrinkle, CHV Care Services and Programs Specialist, at mwrinkle@capitolhillvillage.org or 202-543-1778.

A New Kind of Power Lunch

Want to give back to a child in the community? Volunteering with Everybody Wins DC provides an opportunity to improve a student’s life through shared reading.

Everybody Wins DC (EWDC) is a non-profit organization whose Power Lunch Program connects elementary school students with volunteers to read together once a week during the students’ lunch hour. Capitol Hill Village is a partner organization.

Launched in 1995 at Brent Elementary, the program also has a presence at Ludlow-Taylor Elementary and Tyler Elementary on Capitol Hill, Amidon-Bowen Elementary in Southwest, and nine other public elementary schools in the District and Virginia.

EWDC has more than 500 mentors working with students; however, more than 200 students want to join Power Lunch but can’t because there aren’t enough mentors.

This is where you come in. The mentor application for the 2019-2020 school year is open until the end of February. The application and more information about the program is available at www.everybodywinsdc.org or email volunteers@everybodywinsdc.org.

Power lunch sessions usually last about an hour. Most schools have multiple Power Lunch sessions each day. It’s an opportunity to make a real difference in the life of a local student.

Through the connection with a caring adult, students build essential skills that will help them succeed both in and out of the classroom.
CHV Events for February 2020

Saturday, February 1, Starting at 9:00 a.m.
Your home
Hazardous Waste and Personal Shredding Pickup

NOTE: Signup deadline is 3 p.m., Thursday, January 30
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** (hair dryers, 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**—Paint pick-up occurs periodically; check the CHV Calendar for dates.

Members Only

Thank you to Townhomes on Capitol Hill… and Welcome To a New Program Space for CHV

Capitol Hill Village wants to thank Town Homes on Capitol Hill for their generosity over the years as a neighbor and community space provider. Beginning in January, the Townhomes are less available. While they will continue to host Meditation, Tai Chi, and Qi Gong, other events, such as the Wellness Cafes, will be held in different spaces.

In anticipation of our office move, you might notice CHV events popping up at The Lockwood, 1339 E St SE., our future neighbors, who have generously opened up their beautiful space for our community to join with theirs. Keep an eye out for a new location as you peruse the events list—The Solarium at the Lockwood. We hope to see you there.

If you would like help finding our newest community space (or any CHV events, for that matter), please call the CHV Office in advance of the event and we will happily connect you with another member to help lead the way!

Saturday, February 1, 11:00 a.m.–1:00 p.m.
St Mark’s Church, 301 A St. SE

Memory Disorder Research and Care

St. Mark’s is sponsoring a presentation on memory disorder research and care being conducted by Georgetown Medical Center. Speaking will be Melanie Chadwick, MSN, ANP-BC, GNP-BC, who is the sub-investigator in clinical trials of potential new treatments for Alzheimer’s disease. She also serves as a clinician in the Memory Disorders Program at the Department of Neurology at MedStar Georgetown University Hospital, specializing in the assessment, diagnosis, and management of patients with dementia and related disorders.

This is officially a potluck, so if you want to eat, bring something to share—finger food is the best choice. Questions should be addressed to Don Gangloff at d_gangloff@outlook.com.

Open to All

► continued on page 13
Tuesday, February 4, 7:00–8:00 p.m.  
Northeast Neighborhood Library, 330 Seventh St. NE

**Village Voices: The Julius Rosenwald Fellowship Program**

Stephanie Deutsch will discuss her findings about the Julius Rosenwald Fellowship Program, which, from 1928 to 1948, awarded grants to African American artists, writers, and scholars including many leading creative figures of the time. See story on page 9.  
**Open to All**

Wednesday, February 5, 1:00–3:00 p.m.  
Private Home

**Purls of Wisdom**

*Note: Signup deadline is 12:00 noon, Wednesday, Feb. 5*

Join friends and neighbors for conversation and work on your favorite yarn project. Bring your needles/hooks/needlepoint and sense of fun to join other friends and Village members to make progress on your latest projects. There will not be lessons, but we may be able to help a bit; this is for folks with some level of experience with knitting, crocheting, etc.  
**Open to All**

Thursday, February 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**

Sunday, February 9, 2:00–3:30 p.m.  
Capitol Hill Village Office, 725 Eighth St. SE

**Family Caregiver Meetup *New Affinity Group***

At this group, we recognize that caregiving is different for everyone. Some of us provide direct care, some of us help manage a team of paid caregivers, and some of us provide emotional or physical support. Our loved ones have different needs, diagnoses, and symptoms. What we have in common is our shared sense of love and responsibility for a close friend or family member.

We welcome you to join us in a confidential, peer-led community space where we can share challenges, delights, expectations, and frustrations as a group.

Contact Samantha Schiffman at 202-543-1778 or sschiffman@capitolhillvillage.org to RSVP or express interest.  
**Open to All**

Monday, February 10, 1:00 p.m.  
Tunnicliff’s Tavern, 222 Seventh St. SE

**Wyze Guyz Camaraderie Lunch**

*Note: Signup camaraderie lunch deadline is 3:00 p.m., Friday, February 8*

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**

Tuesday, February 11, 10:30–11:30 a.m.  
Faith Presbyterian Church, 4161 S. Capitol St. SW

**Alzheimer’s Support Group**

Led by volunteers from the Alzheimer’s Association, this is a support group for people caring for a spouse, partner, friend, or loved one with memory loss.  
**Open to All**
Wednesday, February 12, 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 former national poet laureate, says that poetry can be an antidote to our toxic civic culture.

Each attendee may (but is not required to) bring a poem to read and share with the group. The discussion involves conversation about what we think the poem means and usually leads to further conversation about the topics the poems touch on. Please bring enough copies to share with the whole group.

Reservations required.

Wednesday, February 12, 6:30–8:30 p.m.
Busboys and Poets, 2004 Martin Luther King Ave. SE

Unstoppable Love Day (LGBTQ)

Online dating can be challenging at any age. Learn safety and best practices and find the platform that is best for you. Please join us for fun and laughs at the new Busboys and Poets in the Anacostia area. Join Seabury for hors d’oeuvres, appetizers, and great discussion around Valentine’s Day.

For more information contact Program Coordinator Kirstan Fuller at: kfuller@seaburyresources.org

Thursday, February 13, 6:00–8:00 p.m.
Private Home

Cinephiles

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

Participants should see at least three of these films: Parasite, 1917, Les Miserables, Portrait of a Lady on Fire, Just Mercy, and Knives Out.

Members and Social Members. Reservations required.

Friday, February 14, Starting at 9:00 a.m.
Your Home

Book Pickup

NOTE: Signup deadline is 3 p.m., Thursday, February 13

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.

Sunday, February 16, 2:00 p.m.
Constellation Theatre, 1835 14th St. NW

The 39 Steps

Note: Signup closed Friday, January 31; check with CHV Office on availability

The 39 Steps, based on the novel by John Buchan and the film by Alfred Hitchcock, features a cast of four actors playing over 150 characters in this fast-paced and riotously funny remix of the 1935 spy thriller film. In 1930s London, the dashing Richard Hannay starts his evening at the theatre and ends it mistakenly accused of murder. Caught in a maze of espionage, near-death escapes, and flirtatious entanglements, our hero careens across Britain in search of a plausible alibi and the true identity of the killer. A two-time Tony and Drama Desk Award-winning whodunit.

continued on page 15
Tuesday, February 18, 6:00–7:30 p.m.
Private Home

**CHV Literary Club**

**Note: Signup deadline is 12:00 noon, Friday, Feb. 14**

In February, the Village Literary Club will keep the cold away with *Lab Girl: A Story of Trees, Science and Love* by geo-biologist Hope Jahren (non-fiction, 2016, 306 pp). As the subtitle suggests, *Lab Girl* has it all: it is a story of Jahren’s childhood in a silent Norwegian-American family, and of her struggle with manic-depression; it describes her coming of age as a scientist, and includes both her wonderful observations of plant life and her work building three labs from scratch. It is about friendship and teamwork and provides useful insights on what it’s like being a woman in a male dominated profession. The *New York Times* says that *Lab Girl* “does for botany what Oliver Sacks did for neurology.” The *Washington Post* reviewer says: “I love this book for its honesty, its hilarity, its brilliant sharp edges.” *Lab Girl* won the 2016 Critics Circle Award for Autobiography.

*Members and Social Members.*

---

Wednesday, February 19, 1:00–3:00 p.m.
Private Home

**Purls of Wisdom**

**Note: Signup deadline is 12:00 noon, Wednesday, Feb. 19**

Join friends and neighbors for conversation and work on your favorite yarn project. Bring your needles/hooks/needlepoint and sense of fun to join other friends and Village members to make progress on your latest projects. There will not be lessons, but we may be able to help a bit; this is for folks with some level of experience with knitting, crocheting, etc.

*Open to All*

---

Thursday, February 20, 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*

---

Thursday, February 20, 2:00 p.m.
Private Home

**Audio Book Club**

**Note: Signup deadline is Thursday, February 20**

In February, we will discuss *Motherless Brooklyn* by Jonathan Lethem. If you are visually impaired, or just enjoy the pleasure of listening to your books, please join our lively discussions! Of course, print readers are welcome as well.

Location to be announced.
RSVP to Blum50@Comcast.Net.

---

Friday, February 21, 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.

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

► continued on page 16
CHV Events for February 2020  

continued from page 15

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

Saturday, February 22, 9:00 a.m.
Meet at Eastern Market Metro Plaza

**Urban Walkers**

*Note: Signup deadline is 3:00 p.m., Friday, February 21*

Our walk in February will take us by Metro to the Foggy Bottom station. We will then walk over to the Capital Crescent Trail entry on K Street, under the viaduct. We will walk up to Fletcher’s Boathouse and then leave the trail and walk into the Palisades neighborhood. Return home via bus. Folks can choose to have lunch or take the bus home from MacArthur Blvd.

*Members and Social Members. Registration required.*

Monday, February 24, 6:30–8:00 p.m.
Northeast Neighborhood Library, 330 Seventh St. NE

**Iona/CHV Support Group for Caregivers of Individuals with Dementia**

This support group is 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. Join us to share your experience and to get support and helpful information. The group is led by professionals from Iona.

To sign up, contact the CHV 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. Reservations required.*

Tuesday, February 25, 12 Noon–2:00 p.m.
(Call the CHV Office to learn location)

**Wellness Café: Better in 2020—Maximizing Resiliency**

*Note: Signup deadline is 3 p.m., Thursday, February 20*

An interactive and fun Wellness Café that will reawaken your ability to be resilient when facing life’s significant transitions. Capitol Hill resident, Patricia Adelstein, Founder of Adelstein Consulting and Coaching, an organization development practitioner, and a certified leadership coach from Georgetown University, will facilitate. See story on page 8.

*Open to All*

Tuesday, February 25, 1:30–3:30 p.m.
Capitol Hill Towers, 900 G St. NE

**Hand Dancing**

Hand Dancing, also referred to as D.C. Swing, is a form of dance that was created by D.C. dancers in the 1950’s. It is recognizable by its continuous hand connection as well as smooth, fluid footwork. In 1999, it was formally recognized as the city’s official dance. Join Capitol Hill Village for an afternoon of hand dancing, snacks and fun! New to hand dancing? There will be plenty of dancers there to show you the ropes.

*Open to All*

Thursday, February 27, 3:00–4:30 p.m.
Private Home

**Parkinson’s Support Group**

*Note: Signup deadline is 3 p.m., Monday, February 24*

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*

continued on page 17
Thursday, February 27, 5:00–6:30 p.m.
Private home

**Village Opera Society**

Note: Signup deadline is 3:00 p.m., Wednesday, Feb. 26

Join us as Mike Canning discusses the upcoming Washington National Opera production of *Blue* (Music by Jeanine Tesori; Libretto by Tazewell Thompson). *Blue* is the searing story of African-American parents coping with the death of their son at the hands of a white policeman.

*Members and Social Members*

Friday, February 28, 12 Noon–2:00 p.m.
DC Center, 2000 14th St. NW, Suite 105

**Center Aging Lunch**

This is a regular monthly pot-luck lunch. Bring your favorite dish to share! If you don’t want to bring anything, come anyway! All older adults (however you define that) are welcome. For more information, visit Center Aging at thedcenter.org/aging.

Wednesday, March 4, 1:00–3:00 p.m.
Private Home

**Purls of Wisdom**

Note: Signup deadline is 12:00 noon, Wednesday, March 4

Join friends and neighbors for conversation and work on your favorite yarn project. Bring your needles/hooks/needlepoint and sense of fun to join other friends and Village members to make progress on your latest projects. There will not be lessons, but we may be able to help a bit; this is for folks with some level of experience with knitting, crocheting, etc.

Open to all.

Wednesday, March 4, 6:00 p.m.
Private Home

**History and Biography Club**

Rather than focus on a specific book, we will have a general discussion of history and biography books attendees have read individually and would like to bring to the group’s attention for general information and discussion, as well as for possible inclusion in the coming year’s reading. Please mark your calendars and prepare your suggestions.

*Members and Social Members.* **Registration required.**

Thursday, March 5, 2:00–4:00 p.m.
Private Home

**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, March 7, Starting at 9:00 a.m.
Your Home

**Hazardous Waste and Personal Shredding Pickup**

NOTE: Signup deadline is 3 p.m., Thursday, March 5

Hazardous materials and personal papers will be picked up from CHV members’ homes for delivery to the District’s safe disposal site. See the February 1 event for what you need to know.

*Members Only*

2020 CHV Gala and Auction

**Glitz, Gangsters and Gatsby: A Roaring Twenties Party**

Saturday, February 29, 7:00–10:00 p.m.
St. Mark’s Church, 301 A St. SE

See story on pages 1, 6 and 20.
Registration, on-line auction, and preview of silent auction items and salon dinners at: [http://bidpal.net/chvgala](http://bidpal.net/chvgala).

Feb. 7: Preview Items Opens
Feb. 14: Bidding for Online Items Opens
Mar. 2: Auction Closes

Check the CHV website for programs that may be updated or added: www.capitolhillvillage.org
Continuing CHV Events for February 2020 continued from page 17

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

Mondays, 9:00 a.m.
Gate House at Main Entrance to Congressional Cemetery, 1801 E Street SE

Gate House, Congressional Cemetery, 1801 E Street SE

**Come Stroll With Us *On hiatus for the winter***

The CHV Easy Strollers participate in weekly walks in Congressional Cemetery. After meeting at the gatehouse just outside the Cemetery entrance, we will walk for 45 minutes. The paths are paved, and the pace is easy, but you may walk faster if you prefer.

_Members, Social Members, Volunteers._

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

**Tai Chi**

Embrace 2020 by discovering the Chi in you. Come join in practicing the set of 18 warm-up Chi Gong exercises, doing the Tai Chi walk, and learning the flowing graceful postures of Yang Style Tai Chi. For more information: Ming Crusey at m.crusey@gmail.com or Liz Layton at prutkovne@gmail.com.

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

**Qigong**

Qigong 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._

Tuesdays, 12:00–1:30 p.m.
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_

Tuesdays, 2:00–4:00 p.m.
Private home

**Duplicate Bridge for Beginners**

_Note: Signup by 2:00 p.m. on the Monday before the game. Note: for Feb. 18, signup is 2:00 p.m. on Friday, Feb. 14_

We welcome Village members interested in duplicate bridge to join us for friendly games and occasional lessons. Our group started in 2019 using mini-bridge to introduce members to playing and enjoying the game. We continue to increase our knowledge of bidding and playing, focusing on American Standard bridge conventions and using bidding boxes and duplicate scoring. Each game starts with a short discussion of a new topic and is followed by a fun session.

_Open to all. Call the CHV office or email jon.schans@gmail.com to learn the location._

► continued on page 19
Continuing CHV Events for February 2020 continued from page 18

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

Wednesdays, 10:00 a.m.
Labyrinth Games and Puzzles, 645 Pennsylvania Ave. SE

**Introduction to Mahjong *Now Weekly!***

No RSVP necessary. Just come and enjoy. No pressure. No scoring. No competition. Designed both for beginners and those looking to sharpen their skills.

Mahjong is a game that originated in China. Similar to the Western card game Rummy, it is a game of skill, strategy and calculation and involves a certain degree of chance.

*Members and Social Members*

Wednesdays, 10:30–11:30 a.m.
Townhomes on Capitol Hill, 750 Sixth St. SE

**Mellow Flow Yoga**

Energize your overall sense of well-being. Strengthen your body and relax your mind. Practice proper balance and breathing techniques.

Join us for an enjoyable hour of mellow flow yoga, as we improve the body/mind connection with soothing music. Please bring your own mat. Chairs for balance, are available upon request. Senior instructor Robin Blum, a Capitol Hill Village member, will lead the class. You don’t have to be a Village member to join in. Walk-ins welcome or please call CHV office to reserve a space. Namaste!

*Open to All*

---

**May 9–10 CHRS House Tour Seeking Volunteers**

Mike and Ann Grace have volunteered in past years as House Captains in support of the Capitol Hill Restoration Society’s House Tour, and are planning to do so again this year. Please contact Ann at 301-520-3584 or anngrace214@gmail.com if you would like to join them as a volunteer this year.

Volunteers should be available for a 2- or 2.5-hour stint on the evening of May 9 or the afternoon of May 10. If you need to sit part of the time that can be arranged. However, most of the homes are not handicapped accessible.

---

**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*
CHV 2020 Gala and Auction

Glitz, Gangsters, & Gatsby: A Roaring Twenties Party

Celine Dion, Nats and Caps, Mama Mia, vacation opportunities—just another great CHV Gala Auction! And, it’s online for 2020—http://bidpal.net/chvgala

Why are we doing an online auction this year, in addition to the usual live and silent auctions at the Gala? We want to make it possible for people who can’t make it to the actual Gala to be able to participate—and support CHV.

Please let your friends, family, neighbors and anyone else you think might want to bid on the great items that have been donated. Just share the link, http://bidpal.net/chvgala. Anyone can register on the site and bid on the online items. (Some items, such as Salon dinners, will only be available onsite at the Gala.) Happy bidding and thanks for supporting Capitol Hill Village!

Your 1920s Photos are Requested for the Gala!

Do you have photos of the 1920s era? Are there flappers, suffragettes, or jazz enthusiasts in your family tree? The Gala Decorations Committee wants to exhibit some of these photos and would like to borrow your photos and digitize them. The original will be returned to you. Please contact Ann Grace at 301-520-3584 or anngrace214@gmail.com if you have some photos to share.