APRIL 2023

capitol hill VILLAGE

VILLAGE NEWS

Ceci Albert and Larry Johnston led a discussion group on adult day health centers at the Capitol Hill Village Advocacy meeting. Other discussion groups explored housing options, home health aide shortfall, safe sidewalks and transportation issues, recreation and parks. Future issues of CHV News will provide more details on the day's discussions and plans for the future.

CHV Gala and Silent Auction Highlight April

We're heading into the month of the Capitol Hill Village Gala and silent auction—it's starting April 1, and we're not fooling.

These annual events are fun and an important fundraising source keeping CHV operating at the high level of service it's known for.

On April 15, begin bidding on items in the on-line silent auction, and you can begin planning now because the site is open for browsing.

Make plans to attend the Gala at 6:30 p.m. on Friday, April 28, at St. Mark's Church, 301 A St. SE. Tickets are $175 each for the event featuring jazz music, food stations and bar, bidding on salon dinners, and plenty of opportunity to enjoy conversation with old and new friends. This will also be the first opportunity to purchase a Salon

Dinner. Oh, and there will be some mysterious characters around because it is "A Night of Mystery." Guests are encouraged to dress in formal attire—or perhaps come as their favorite sleuth or mystery writer.

Buy Gala tickets and browse and bid on auction items at **http://bidpal.net/chvgala**.

See page 5 for all the details on what to expect at the Gala and what's in the silent auction.

Managing Concerns About Falls

Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall? If so, *A Matter of Balance: Managing Concerns About Falls* is a program for you.

Fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. Many older adults also experience increased isolation and depression when they limit their interactions with family and friends.

The DC Department of Aging and Community Living's Safe at Home Program is offering *A Matter of*

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Don't miss Capitol Hill's fun event of the year! The 2023 CHV Gala, back cover

Managing Concerns About Falls *continued from page 1*

Balance on Saturdays beginning April 29 and running weekly for nine two-hour sessions through July 1 (no class on Memorial Day weekend). The class is **free to *CHV* members**. It will be hosted via Zoom and facilitated by graduate students from The George Washington University's physical therapy program.

Two Zoom session times are offered: 9:00–11:00 a.m. or 2:00-4:00 p.m., but participants are not allowed to switch between sessions once the program begins.

To sign up for the morning class sessions, follow this link: https://www.aroundtowndc.org/event/a-matter-of-balance-summer-2023-900-1100-am/2023-04-29/

To sign up for the afternoon class sessions, follow this link: https://www.aroundtowndc.org/event/a-matter-of-balance-summer-2023-saturdays-200-400-pm/2023-04-29/

A Matter of Balance can help people improve their quality of life and remain independent. It is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.

If you have further questions, contact Jason Dring at jdring@gwu.edu and please copy info@capitolhillvillage.org.

Memoirs Group Focuses on Skills

The Capitol Hill Village Memoirs Group retreated to Rehoboth Beach in March to work on building writing skills and to focus on their writing.

The Group meets every other week in Washington to hear from speakers and, if they desire, to share their writings with the group. Members are at various stages of writing, with some documenting family histories and others writing about notable events in their lives. For most, the intent is to preserve a record for family and others, and some are exploring self-publishing.

At the Rehoboth session, invited speakers talked about best practices for writing memoirs, incorporating dialogue, and using emotion and description. They had time to retreat to a quiet space for a few hours to work on their projects, and then met to share plans for maintaining the momentum.

Attendees noted that reflecting on life, writing memoirs, and embarking on life-long learning are good for your mental and physical health. While outside classes are available, they said they like the comfort of working within a CHV group.

"Everybody's story is important," said Robin Blum.

Right, above: Carolyn Rondthaler was recognized for producing over 90 vignettes of her life story.

Right: Back row, from left: Beverly Brannon, Charles Parsons, Donna Breslin, Susan Sarfati, Ming Crusey, Deborah Hanlon, Carol Grodzins, Sandra Bruce, Carolyn Rondthaler. Front row, Robin Blum, Ann Manheimer, Karen Stuck.

CAPITOL HILL VILLAGE

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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!

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Liz Gregg, *Director of Care Services*
Pamela Johnson, *Peer Health Outreach Specialist*
Jenna Jones, *Administrative Coordinator*
Tomeka Lee, *Director of Membership and Outreach*
Arie Parker, *Member Services Coordinator*
Sophia Ross, *Digital Media and Grant Program Strategist*
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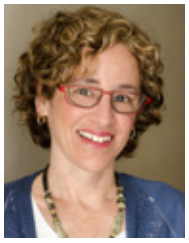
FROM THE EXECUTIVE DIRECTOR

Planning for a Good Life



Judy Berman

On April 9 last year, Capitol Hill Village held the first part of a two-part symposium "Contemplating our End of Life." The event was designed by two CHV members, Susan Sedgewick and Mary Procter, both of whom are passionate about the importance of planning for end-of-life in order to maximize our chances of living the way we want until the very end. Because that's what end-of-life planning is mostly about—how we want to live.

The symposium was a success by just about any measure. We had brilliant speakers and thoughtful participants and fortunately, we had a gift from The Washington Home that enabled us to record and preserve many of the symposium sessions (see the CHV website and YouTube channel).

Based on feedback we received, CHV followed up with a series of Death Cafes, informal meetings where tea and cake are served and participants can discuss different topics related to death and dying. It turns out that, despite cultural taboos and superstitions and embarrassment, people do want to talk about death and dying and want to learn how to talk about it more openly with people they love. They want their questions answered, their wishes known, their fears expressed.

I've certainly come to believe that it's in all our interests to make it easier to talk about death and dying and also about the other things that are important to us in elderhood. It's kind of like strategic planning—you work hard to create a road map, you secure support to help you follow it, and when you come to a fork in the road you take it (thank you Yogi) because there's no guarantee of what the future holds, but at least you had moments of clarity to help you guess if the fork you've taken is heading the right way. Planning works for individuals and for organizations like ours. It doesn't mean you have to stop being spontaneous, especially if "keep trying new things" is part of your plan!

I don't think it's a coincidence that support for planning is the first goal in CHV's strategic plan: To help older adults successfully plan and manage their aging process, and attain their elderhood goals. As I read it—along with the feedback we got at our All Member Meeting in late January, the implications for CHV are that we need to put more energy and focus on programming that supports planning, such as Get Your Papers In Order or GYPIO. But we also need to expand on it, to help create context for the documents that are the focus of GYPIO and to provide structure to help support the plans our members create.

With this in mind, we're making some changes. First, we are going to introduce new members to GYPIO early in their membership. We're going to let them know how to access resources and the support that is available for the process. In this way, we hope to create more groups, and ideally, groups where common experience (e.g., being married or unmarried) can enhance the learning and camaraderie.

Next, we're going to introduce some workshops to address some of the less concrete aspects of planning. For example, few people plan to become a caregiver for a loved one, but many of us will have that experience. How can we plan now for common possibilities and eventualities so that we can feel more confident if and when they occur?

Finally, we're going to put structures in place at CHV to provide specific supports our members want and need from us. We already have some of this available through Care Services, but as we learn more about what people are

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FROM THE BOARD

‘Don’t Wait Until You Need Us to Join Us.’

Robyn Hinson Jones

These words are applicable to any membership organization that helps us navigate the obstacles of daily living, and this is the sentiment that led me to join Capitol Hill Village. I thought that I did not yet need many of the membership services, but I joined because I wanted to support an organization that I might need later. Like insurance, but more personal.

While my intentions were well advised, my understanding was a bit misguided. Although I focused on my future plan to age in place, CHV was soon important to my immediate day-to-day living. I discovered that I enjoyed the camaraderie, social events, and educational opportunities in CHV programs. When I was walking, biking, visiting the Anacostia Museum, or leading a discussion on *Caste*, CHV was already relevant to my life.

So how did I get here? I’m a native New Yorker who arrived in Washington in 1978 to join the Foreign Service. I acquired a boyfriend in my first overseas assignment (the Congo); maintained a long-distance relationship in my second (Barbados), and married my husband Simon (same guy) in my third (London). Then I returned to DC to work in the State Department. We house-hunted in all four quadrants, but Capitol Hill seemed to offer more of the attributes we wanted for our home. So we bought a small estate sale fixer-upper with friendly neighbors and three parks within a three-block radius. Twenty-four years later, we could have retired anywhere but we just couldn’t leave Capitol Hill. By then, one of the aforementioned friendly neighbors introduced us to Capitol Hill Village.

I would be remiss not to mention two CHV projects that mean the most to me. The Strategic Plan is a visionary roadmap for the direction of CHV going forward. A lot of hard work went into the document that exemplifies who we are and where we are going as an organization. Its authors and the membership can be proud of it. Second, under the outstanding leadership of our Executive Director and her staff, the Diversity, Equity, and Inclusion committees work hard to grasp one of the most divisive issues in America today and to make sure that our corner of society recognizes institutional racism and takes steps to do what we can to make our neighborhood more equitable and inclusive. Thank you.

I’m delighted to be a member of a club that goes toe-to-toe with other institutions—City Council, DDOT, and developers, (to name a few)—and makes our neighborhood better for all ages, not just the aged. I’m glad that I didn’t wait to join.

Planning for a Good Life

continued from page 3

including in their plans, that will guide what we further develop.

I know this is spring, and Gala season (whoopee!! Hope to see you all there!) and there’s probably 100 other things I could be writing about. But living with intention is never out of season and that is what I wish most for all of us—to be present in our lives with the courage and support to fully experience the highs and lows and the in-betweens. That’s what I call really living!

Staying Ahead of COVID

The convenient COVID Center on Capitol Hill has closed along with others in the rest of the city, due to a significant drop in cases, a high vaccination uptake, and increased availability of vaccines and testing kits for at-home use, according to the city.

Residents still have options to obtain a COVID-19 vaccine, booster, or test kits including:

- Local retailers and pharmacies
- covid.gov/tests offers free at-home COVID-19 tests and testinglocator.cdc.gov directs people to a local free testing location
- vaccines.gov directs people to a local free vaccination site

The Capitol Hill Village Office also has rapid tests available. Call 202-543-1778.

If you have not received a bivalent booster that specifically protects against the Omicron variant, we strongly encourage you to do so. For more information from the Centers for Disease Control on COVID-19 testing and vaccination, visit cdc.gov/coronavirus.

According to DC Health, the District’s COVID Centers provided residents with more than one million free masks; more than 80,000 doses of the COVID-19 vaccine, boosters, and flu vaccine; more than 400,000 rapid antigen COVID-19 testing kits; and nearly 40,000 PCR tests.

2023 CHV Gala: A Night of Mingling and Mystery

What happens at the Gala?

New to the Village or never been to the Gala? You are prime suspects to have fun, liven up the evening, and meet new folks, as we have a few mysterious characters ready to show you the ropes.

There will be a large tent outside St. Mark's where you will enter, pick up a program book, and maybe an hors d'oeuvres and a drink. The tent will be available all evening for persons who prefer the outside setting. Inside the church, you will find food stations and bars, signup sheets for Salon Dinners, and tables and chairs if you want to have a seat with friends. A jazz duo will provide music, with dancing not out of the question. There will be a new look this year—no reserved tables. Instead, folks are encouraged to meet and mingle. Of course, you can still plan to come with your gang and play together.

To heighten mingling and fun, there is no formal program. No speeches you can't hear, no Live Auction items to inadvertently bid on, no need to stop your interesting chats while an Emcee mumbles! Instead, we expect every "suspect" to view the looping videos in each room profiling our honored volunteers and thanking major supporters.

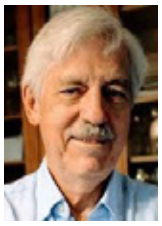
What's the Big Mystery?

If they choose, guests will be challenged with "clues" to solve a murder mystery, not unlike the game of Clue (but no Clue experience necessary!). Not in the mood for mystery? No problem. Feel free to listen to some nice music, eat good food, have a few drinks, see some friends, sign up for a Salon Dinner—and maybe dance a bit.

The outdoors tent will serve as the Hall for the game. Guests will be greeted by the "Butler" who will explain the basics to start guests on the way to solving the murder. Leave no stone unturned—there may be a clue in the Hall.

Louis Bayard

Priscilla Clapp


John Dinges

Reggie Henry

Carl Hulse

Neil King

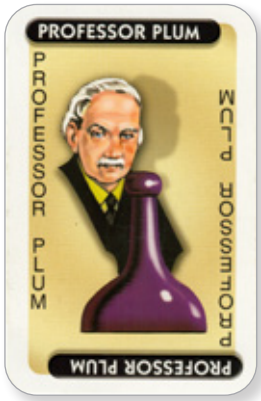
Pedro Kremer

Marcus Kyd

Raymond Caldwell

Lisa LaFontaine

The church nave will be decorated as a ballroom with game rooms along the sides—the Conservatory, Dining Room, Billiards Room, Library, and Lounge. The Kitchen will be in the hall off the nave. Village members dressed as Clue characters will be circulating: Mrs. White, Mr. Green, Col. Mustard, Miss Scarlett, Mrs. Peacock, and Professor Plum.



Gala guests can visit the rooms to search for the culprit. At each "room" the Clue character will explain an activity and perhaps divulge a clue—it could be a simple puzzle, a question, a skill—hinting at the suspects and rooms that have been eliminated. Real "weapons" will be hidden throughout the space (knife, pistol, wrench, rope, candlestick, lead pipe).

When guests think they have figured out who to accuse, they will deposit their choice in the box, and at 9:00 p.m., the perpetrator, weapon, and room will be revealed, and a guess drawn; if the culprit is correctly identified, that entrant will be awarded a prize.

Salon Dinners

The April 28 Gala will be the first chance to snag one of a limited number of seats available for each Salon Dinner. The popular dinners are the opportunity to rub shoulders with notable guests in an intimate setting. Sign up for multiple dinners—it's for a good cause.

Check the auction website for complete information on the guests. After the Gala, any remaining seats will be offered in the on-line auction website. Here's the current line-up of guests, and more may be added.

- **Louis Bayard**, historical mystery novelist whose books include *The Pale Blue Eye*, adapted into a film of the same name released this year.
- **Priscilla Clapp,** retired Foreign Service Officer who served as Chief of Mission in Myanmar and as a senior advisor to the U.S. Institute of Peace and the Asia Society.

▶ continued on page 6

CHV Gala and Online Auction *continued from page 5*

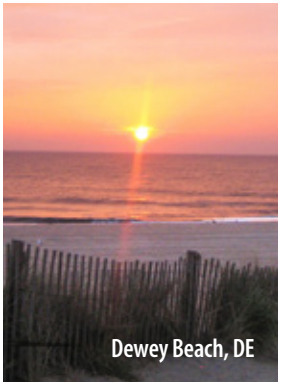
- **John Dinges,** investigative journalist and leading expert on Latin American politics; reported for *The Washington Post*, ABC, and *Time*, and was managing editor at NPR News.
- **Reggie Henry** explores technology that benefits older adults; artificial intelligence, phone apps, medical alert devices and applications, and more.
- **Carl Hulse**, chief Washington correspondent for *The New York Times*, and managing editor of "First Draft," a political news stream and morning email newsletter.
- **Neil King**, former *Wall Street Journal* reporter.
- **Pedro Kremer**, epidemiologist with a finger on the pulse of public health issues world-wide.
- **Marcus Kyd and Raymond Caldwell**, owners of a small theater that survived the pandemic.
- **Lisa LaFontaine**, CEO of the Humane Rescue Alliance, which provides community outreach programs, low-cost veterinary services, animal adoption, and other pet-related programs in Washington DC.
- **Frank Sesno,** Emmy Award-winning journalist; former Washington Bureau chief, White House correspondent, anchor and talk show host at CNN.

Frank Sesno

CHV Online Silent Auction

Bidding in the on-line silent auction starts April 15 at http://bidpal.net/chvgala, and the site is open for browsing now. Get an early jump by looking over the wide array of vacation homes and gift certificates. **The bidding closes May 5.**

Vieques, PR


Dewey Beach, DE

Maine Coast

Delray Beach, FL

St. Michaels, MD

Cape May, NJ

Items will be added to the site right up to the start of bidding, so check in frequently. Here is a sampling of items available at press time. Complete information on each item is available on the website.

Vacation Homes

Who doesn't need a nice vacation after the past few years?

- Weekend in a Blue Ridge Mountain estate.
- Four nights in Cape May.
- One week in Delray Beach, Florida, steps to the ocean.
- Three nights in a Dewey Beach home, steps to the beach.
- Four nights in a Lexington, VA, home in the Shenandoah Valley.
- A week on the coast of Maine.
- Two nights in a boat house near St. Michaels.
- Three nights in a Chesapeake Bay cottage.
- One week in a Rehoboth condo, close to the beach.
- Two nights in a Philadelphia pied a terre.
- Six nights at a villa in Vieques, Puerto Rico.
- One week off-the-grid in Vermont Walden.

Theater and Music

- Signature Theater tickets
- Charina Chamber Players, "Nonpariel"
- Capitol Hill Chorale, "Unwearied Journey"
- St. Mark's Players, "The Color Purple"

CHV Gala and Online Auction *continued from page 6*

Buy Gala tickets and browse and bid on auction items at **http://bidpal.net/chvgala**.

- Solas Nua, "The Humours of Brandon"
- Studio Theater tickets
- Arena Stage, "Exclusion"
- Olney Theater tickets
- **Two suite-level tickets for Lionel Richie and Earth, Wind & Fire at Capital One Arena**

Services

- Personal tour of the Library of Congress
- College essay coaching
- Help with Hauling
- French lessons (conversation)
- Cookie delivery
- Visit to antique shops at Savage Mill
- Walking tour of National Arboretum
- Home visit by hair stylist
- Golf lesson
- Landscaping consultation
- Estate planning
- Winterthur tour with lunch.

Restaurant Certificates

- Indigo
- Chloe
- Radici
- Eat Brgz
- Ambar
- The Monocle
- Clyde's
- Teaism
- Crazy Aunt Helen's
- Rose's Luxury
- Della Barba Pizza
- Jimmy T's
- Mr. Henry's
- Caruso's Grocery
- Lavagna

Business Gift Certificates

- A case of select wine from Schneider's

Indigo Restaurant

Lionel Richie and Earth, Wind & Fire

Savage Mills Antique Mall

Winterthur

Gingko Gardens

Seotta Bike

- Paris Bleu
- Atlas Doghouse
- Capitol Hill Books
- Ginkgo Gardens
- Groovy Cards and Gifts
- Hill Center class and cookbook
- CHRS Capitol Hill House Tour

Health & Beauty Certificates

- Lavender Retreat
- Onelife Fitness
- Native Beauty

Collectibles

- Custom Serotta Titanium road bike
- Christmas Platter
- African carved orb
- Metal and Wood wine racks
- Baker's rack

Hair Cut at Home

Golf Lesson

The Cause of Inflation is…

The March Voices speaker, economist **Don Kohn**, described the current inflation picture as "complicated, with a lot of people to blame, sort of like Agatha Christie's *Murder on the Orient Express*."

Culprit number one, he said, was COVID. Talking about the size of the labor force, Kohn said that workers age 24–50 have returned in large numbers, but those over 55 are not coming back at the previous levels, which he described as a permanent change.

Russian aggression in Ukraine, interest rates, supply side shocks, the role of the Federal Reserve are factors weighing on the U.S. economy now, and Kohn dissected them along with doing a little forecasting on the future. To see the program in its entirety, go to the Capitol Hill Village YouTube channel.

Donald Kohn

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.

April 11. Charles Downey writes reviews for *Washington Classical Review* and sometimes *The Washington Post*. He studied piano and obtained his Bachelor of Music in piano from Michigan State University, then obtained his MA and PHD in musicology from Catholic University.

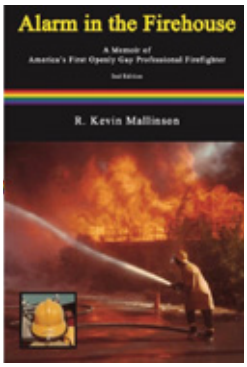
Charles Downey

Tobie Meyer-Fong

Kevin Mallinson

May 9. Tobie Meyer-Fong, cultural historian of early modern and modern China.

June 12 (Monday). Kevin Mallinson. On working in a traditionally gendered field; author of *Alarm in the Firehouse*.

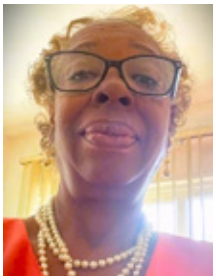


Voices programs are conducted on Zoom from 7:00–8:00 p.m. Details for accessing the programs will be provided when people register for the event at capitolhillvillage.org or by contacting info@capitolhillvillage.org.

Welcome Vivian Grayton!

Hello to Capitol Hill Village Members, Volunteers, and Supporters.

I am Vivian Grayton, and I am excited to begin serving you at Capitol Hill Village. I am helping Tomeka coordinate expansion of our Help Desk program from Capitol Hill Towers to St. Mary's Court (with Foggy Bottom West End Village) and the Green Valley Apartments (with Brookland Intergenerational Village). The Help Desk program is a partnership with senior housing facilities to connect residents to Villages and other wellness resources.



Vivian Grayton

I have worked with older adults for over 30 years as a social worker and later as an administrator in the Washington, DC area. I have worked with non-profit organizations most of my career including the Washington Urban League and Seabury Resources for Aging. I have dedicated my career to making a positive difference in people's lives by helping them maintain dignity and respect as they grow older.

When I am not at work my favorite hobby is watching television and going to the movies. My favorite movie of all time is *Gone with the Wind*. I also enjoy spending time with my first grandchild, Aubree, who is four years old and a sweetheart.

I want to thank CHV for this great opportunity to continue to make a difference in our lives and I look forward to working and interacting with the members on this journey. I may be reached at VGrayton@capitolhillvillage.org.

Checking in with Arie Parker

Arie Parker is Capitol Hill Village's Member Service Coordinator. He joined the CHV Staff in December 2021.

Why did you get interested in helping older adults?

I became interested in helping older adults due to my upbringing. As a child, I enjoyed spending a lot of time with both sets of grandparents. I enjoyed helping them out with small tasks, meeting their friends, and learning from the wealth of wisdom that they had to share. That led me to want to work with and get to know other older adults. I view working with older adults as a way to honor those special people and the times with them that shaped my childhood.

Where did you grow up?

I am a native of Danville, a small city in south central Virginia on the border of Virginia and North Carolina.

Tell us about your work background prior to CHV.

Prior to working at CHV, I worked as a case manager for adults with severe mental illness diagnoses. I helped connect them to resources so that they could live independently or with limited supports in their communities. I also worked with unhoused veterans in the District, helping to secure and maintain safe, stable housing. I obtained my bachelor of social work degree from Radford University.

What were your original job duties and how has that changed recently?

My original job duties were doing light case management and offering staff support or facilitating several small groups. That has expanded to include overseeing the *Village Connections* program, which matches a member with a volunteer who visits them regularly. Alongside the *Village Connections* program, I now am responsible for planning and conducting the quarterly volunteer training. I am looking forward to our next volunteer training in April. This will be a hybrid meeting so people can participate in person or virtually. Be on the lookout for more information about that training in the coming weeks.

What are your favorite parts of your job now?

My favorite parts of my job are the case management aspect and working with different affinity/support groups. It is very rewarding to connect with members on a personal level and support them through part of their life journey. I also enjoy the support groups that I facilitate; it gives me opportunity to connect with members I otherwise may not have the chance to meet with regularly, and I get to know them more personally.

What's one thing you look forward to accomplishing for CHV in 2023?

In 2023, I look forward to continuing to help older adults successfully age in place!

What is a hobby of yours / something you like to do in your free time?

In my free time I enjoy reading, collecting vinyl records, and hiking during the warmer months.

Villagers Meet with Councilmember Bonds

At-Large Councilmember Anita Bonds (front row, third from right) invited leaders from the DC Villages, including CHV Executive Director Judy Berman (front row, third from left), to meet with her in March. She was interested in how the Villages are helping address some of the challenges that older adults face in DC, and how we can work together to make Villages more available throughout the city. Bonds recently became Chair of the Executive Administration and Labor Committee giving her jurisdiction over legislation and budget over the troubled health care work-force.

Do You Qualify for Free Internet and a New Computer?

By Dan Bailes

Sound too good to be true?

For many seniors, it's the real deal. When researching Internet help for a Capitol Hill Village member, a volunteer discovered a federal program that provides free WiFi Internet and a computer at almost no charge to those who qualify. According to AARP, 40 percent of American households qualify for the program.

How the Program Works

It's called the Affordable Connectivity Program (ACP). After your application is accepted, a provider like Comcast or Verizon will credit your Internet account up to $30 per month. With ACP, both providers offer WiFi internet for free (you pay tax and federal fees).

A New Computer

ACP also offers up to $100 credit to purchase a computer. You'll pay a one-time fee between $10 and $49. Comcast offers a new Dell or Chromebook laptop computer for $49 plus the ACP credit.

How to Qualify

There are several ways to qualify for the ACP:

- *By income.* Up to $29,160 for a single person or $39,440 for two people.
- *By government assistance program.* If you participate in any of these programs you are automatically eligible: SNAP, WIC, Medicaid, SSI, Federal Public Housing Assistance, Veterans Pension and Survivors Benefit. If you qualify for Lifeline, a Federal Communications Program, you are qualified for ACP.

How to Apply

You can apply through the ACP website, via Comcast Essentials or Verizon Forward. For further information call ACP at 877-384-2575 or email ACPsupport@usac.org. Also, the Martin Luther King Jr. Library offers free computer basics classes.

CHV Care Services Specialist Meghan Wrinkle recently helped a member apply for ACP and said it was a "fairly easy process." If you need help with the application process, contact the CHV Care Services team at 202-543-1778.

Dan Bailes is a Capitol Hill Village volunteer.

Need Gardening Help?

It's time again for Gardenpalooza, where we match Capitol Hill Village members whose gardens need a little love with groups of eager gardeners!

This year's event will be on Saturday, May 6 (with a May 13 rain date), from 9:00 a.m. to noon. Anyone interested may sign up in Helpful Village. (https://capitolhill.helpfulvillage.com/events/10543).

New this year is an option to sign up either as a **Member** who wants volunteer help or as a **Volunteer**, ready to garden. In Helpful Village, click the Purchase Tickets link—but don't let that put you off. The "tickets" are free! Then enter the number of people in the correct category, Member or Volunteer, and click Checkout. And you're done!

Members of Theresa Taylor Real Estate at the home of Esther Bushman and Carl Mintz in 2022

Volunteers are asked to bring their own gardening gloves if you have them; we can supply latex gloves if you want. We will also supply paper bags for lawn trash. Members should plan to provide tools for volunteers to use, but CHV can also supply some if needed.

Passages

Nicholas Gilman, the husband of active Capitol Hill Villager Deborah Gilman, passed away in January. Nick was a decorated U.S. Air Force pilot, having flown with the USAF Tactical Fighter Squadron in Vietnam. He had a long legal career including as the DC Assistant U.S. Attorney in the 1970s and as a trial attorney for the U.S. Department of Justice tort section. Nick finished his career in private law practice, and he was on the plaintiff's committee for investigating and presenting evidence for the families of passengers on Pan Am 103, the Lockerbie bombing flight. Burial will be in Arlington National Cemetery and a Celebration of Life is planned for April 29. If you would like to attend, contact Deborah at gilmandc@aol.com.

If you know of a Member who has experienced a passage, please send a brief paragraph to the Newsletter editor at karenstuck@ comcast.net. Please confirm that the member or their family/representative agrees with publishing the information.

LGBTQ CORNER

Let's Talk Legislation

Legislation has been on my mind lately, and it seems anti-LGBT laws/bills are all I've been hearing about. At a time where there are much more pressing concerns, lawmakers across the United States have decided to devote time and energy to trying to take away the rights of trans and gender-diverse youth and, in some cases, adults. It is exhausting, it is infuriating, it is disheartening.

Sophia Ross

For the 2023 legislative session, the ACLU is tracking 420 anti-LGBTQ bills in the U.S.—so far, only 9 have been passed. The states with the most anti-LGBT bills introduced include Florida, Texas, Iowa, Oklahoma, Missouri, and Tennessee.

Let's start with bills related to gender-affirming care. A majority of the legislation targets those 18 to 21 years old, and looks to make it illegal for clinicians to either prescribe puberty blockers or hormones or to conduct affirming surgical procedures. I am not a medical professional, but I do know that gender-affirming care is not taken lightly, and it is based on what the health care system has learned about helping young people be physically and emotionally healthy. I have seen very little acknowledgement that many medical professionals follow specific guidelines for transgender health, which clearly state the different types of interventions for youth and adults and their associated recommendations, guidelines, and criteria. Some lawmakers don't talk about trans individuals as people, but rather as "others" without acknowledging our reality and lived experiences. Some claim that they are protecting the health and safety of citizens, yet they ignore suicide rates and other indicators showing that unsupported transgender youth are at high risk for poor outcomes. They use language such as "transgenderism," which is offensive and promotes the idea that being transgender is abnormal or a disorder. These sentiments feel reminiscent of the Lavender scare and the beginning of the AIDS epidemic.

And then there are bills related to drag performances. Many would prohibit drag performances as a crime of obscenity if someone under the age of 18 is present. The proposers claim that minors are being scarred by seeing drag performers and that performers are perverse. Some legislation specifically targets libraries and bookstores, where drag story hours commonly take place. Legislation also tries to conflate drag queens and being transgender as the same, which is false. They paint pictures that by attending a drag story hour, a child could be exposed to inappropriate language, sexual acts, or scantily clad performers. In reality, it is quite the opposite, the events are usually filled with laughing children, glamorously dressed drag queens or kings, and different types of stories. The detractors maintain that young children are being forced to learn about topics not appropriate for their age. Yet, attending a drag story hour is voluntary and many drag spaces have age restrictions.

Let's take a step back and consider the bigger picture. According to Out for America, there are currently 1,171 openly LGBT elected officials (local, state, and federal level) in the U.S., the largest ever recorded. The only states which currently do not have LGBT elected officials are Mississippi and Idaho. Representation matters and shows that folks all over the country are willing to support LGBT officials.

Much of the legislation being introduced is not likely to pass; in 2022, 315 anti-LGBT bills were introduced but only 29 became law. Still, that is not a reason for complacency. That same year, 24 pro-LGBT bills were passed into law, and pro-LGBT bills have been passed in 2023. This is the work of relentless politicians, advocates, and community members whom we clearly need in this environment.

Five actions you can take right now:

- Show your love and support for LGBT folks in your life.
- Consider volunteering with LGBT organizations in your area.
- Donate money to LGBT organizations, such as: https://www.pledge.to/protect-defend-trans-youth-fund
- Participate in virtual advocacy: https://www.mobilize.us/hrc/
- Ask me about CHV allyship opportunities (e.g., the Supporting LGBT Grandchildren series and LGBT+ Symposium)

To learn more:

ACLU Mapping Attacks on LGBTQ Rights: https://www.aclu.org/legislative-attacks-on-lgbtq-rights
https://www.them.us/story/anti-trans-lgbtq-legislation-2023-new-laws

Gender Affirming Care Legislation:
https://www.legis.ga.gov/legislation/64228
https://www.gencourt.state.nh.us/bill_status/billinfo.aspx?id=71
https://www.capitol.hawaii.gov/sessions/session2023/bills/HB891_.pdf

Drag Shows Legislation
http://kslegislature.org/li/b2023_24/measures/documents/sb149_00_0000.pdf
https://leg.mt.gov/bills/2023/billpdf/HB0359.pdf

Positive Legislation
https://outforamerica.org/
https://www.hrc.org/press-releases/human-rights-campaign-foundation-state-equality-index-91-of-anti-lgbtq-bills-in-2022-failed-to-become-law
https://www.ksat.com/news/politics/2023/03/14/nebraska-lawmaker-3-weeks-into-filibuster-over-trans-bill/
https://erininthemorn.substack.com/p/the-anti-trans-state-of-the-states

The Aging Eye—What to Know, What You Can Do

Struggling to read the ingredients on a jar of pasta sauce? A little vision loss—difficulty reading small print or distinguishing similar colors—Is normal, and things like reading glasses or higher contrast are necessary. However, serious vision loss, legal blindness, and developing eye diseases are **not** normal parts of aging.

According to the American Academy of Ophthalmology, one in six Americans over the age of 65 will develop a vision issue that cannot be corrected with glasses or contact lenses. Many eye diseases have no noticeable symptoms early on, but can lead to permanent vision loss and interfere with everyday life.

Age-related macular degeneration is a disease impacting the macula on your retina in the back of the eye. This part is responsible for central vision (reading, seeing faces). AMD has two types: dry and wet. Both can cause vision loss. Left untreated, AMD can cause permanent vision loss, even legal blindness.

Glaucoma is a group of diseases that damage the optic nerve, typically caused by issues with your eye's drainage system. Eye pressure increases and eye damage occurs over time. Often, there are no early symptoms, but damage is occurring. Damage from glaucoma is often permanent. Treatments include eye drops and surgeries to help lower eye pressure.

Diabetic Retinopathy is retina damage caused by diabetes and can result in significant vision loss. Controlling blood sugar levels is important to prevent or slow any vision loss.

Cataracts are the leading cause of blindness in the world, but it is largely treatable. A cataract is a clouding of your eye's lens, which is what allows light into the eye. This happens naturally over your lifetime. The treatment is surgery that takes less than 15 minutes. Talk to your doctor to determine the right time for cataract removal.

Dry eye is a condition where your eyes are not producing enough of the right kind of tears. Tears contain both water and oils. Often, the glands in your eyelids that produce the oil are blocked or not working well. This can cause itchy, scratchy eyes and even blurred vision. There are several home treatments available that can help alleviate the condition over time, such as artificial tears and warm compresses.

A few things to be on the lookout for as we age:

- Eye pain, especially sudden
- Sudden change in vision
- A large number of flashes of light or new "floaters," tiny specks or cobwebs that seem to float across your vision
- Double vision
- Redness or swelling of your eye or eyelid
- Difficulty seeing at night

Successful aging in place involves taking good care of our eyes and vision! There are many things we can do to ensure our eyes stay as healthy as possible:

- Schedule a **regular, dilated comprehensive eye exam** with an eye doctor. This is the only way to catch many eye diseases before vision loss occurs.
- Eat a **diet rich in fruits and vegetables** (especially dark leafy greens), and fish high in omega-3 fatty acids (like salmon or mackerel).
- Maintain a **regular exercise** regimen and healthy weight
- **Quit smoking**
- **Wear sunglasses** with UVA/UVB protection, and protective eyewear when outside.
- Take **eye breaks**. Follow the 20/20/20 rule: every 20 minutes look at something 20 feet away for 20 seconds. This can help with dry eye and eye strain, especially if we spend a lot of time on our devices.

Manage chronic conditions, such as diabetes, high blood pressure, or cardiovascular disease

Vision Support Resources Available

If you already have significant vision loss, resources are available to help you enjoy everyday activities. From magnifiers and bump dots, to phone apps and transportation services, the DC Metropolitan region offers plenty, most at no or minimal cost. Contact the **Prevention of Blindness Society of Metropolitan Washington Low Vision Resource Center** at (301) 951-4444 to learn more.

The Prevention of Blindness Society of Metropolitan Washington delivers free vision support services and resource navigation to assist individuals with age-related macular degeneration, diabetic retinopathy, glaucoma, and other eye conditions, to maintain their independence.

Resource Navigators provide personal guidance as clients move through their vision journey. Some of these specialists have professional experience in vision and eye care; others may have personally faced vision challenges and wish to help others in similar situations.

Contact their Information & Resource Hotline to speak directly with a Resource Navigator who can help you make an appointment, direct you to local resources, tell you more about specific visual aid technologies, and answer any questions you may have about your vision journey.

Covered by Medicaid? Receive Pandemic-era SNAP Benefits?

By Mikayla Johnson

Important changes are here!

The Medicaid unwinding countdown is officially underway.

As of April 1, D.C residents for whom Medicaid is their primary insurer will begin to go through the state- and federally-required redetermination process in order to continue eligibility.

In January 2020, the U.S Department of Health and Human Services issued a Public Health Emergency (PHE) due to the spread of COVID-19 in the United States. During the PHE, the annual renewal process and most Medicaid terminations were suspended. As the continuous enrollment requirement ends, you will be required to redemonstrate your eligibility through the renewal process.

CHV's priority during this transition period is to avoid or minimize gaps in healthcare coverage in keeping with our strategic goal to help older adults in our community stay as physically, mentally, and emotionally healthy as possible.

What is PHE Unwinding?

The Centers for Medicare and Medicaid Services requires each state to choose a timeline for when they will resume normal processing and begin unwinding from the continuous enrollment condition. DC will have 12 months to initiate all renewals and 2 additional months to complete all pending actions initiated during the first 12 months. The "unwinding period" describes the 12 months DC will use to initiate all renewals. DC will begin this process on April 1.

As we approach the unwinding of the Medicaid continuous enrollment requirement, CHV is striving to provide accurate information to members. The PHE unwinding plan at CHV will consist of four phases.

Phase 1: Plan
Members are encouraged to update their contact information during phase 1 on the District Direct Website at https://districtdirect.dc.gov/ua/. This will include your name, mailing address, phone number, and email address. By updating contact information, members can stay informed and receive important information.

Phase 2: Educate
During phase 2, CHV will circulate regular communications, to ensure that our members remain updated on the renewal process. If you would like to receive a paper copy or calls for the updates, contact the CHV office at 202-543-1778 and a member of our team will be in contact.

Phase 3: Renew
D.C residents will be notified by letter from the Economic Security Administration (ESA) that their Medicaid coverage is due for renewal. Once you receive the form, fill it in completely and send it back to ESA. You may submit the renewal form by mail, fax, or in person. If you don't return this form, you will be at risk of losing your Medicaid coverage.

Phase 4: Transition
CHV staff are available to help guide and answer any questions or concerns that may arise.

Have you seen a decrease in your SNAP benefits?

DC residents who receive Supplemental Nutrition Assistance Program (SNAP) benefits experienced a reduction in their monthly benefit beginning in February, because the temporary additional benefit (emergency allotments) ended due to recent congressional action. You will still receive SNAP, but benefits will return to pre-pandemic levels!

Other food resources
Access to affordable, nutritious food, and meals is central to living a healthy life. If you are worried about this reduction in SNAP benefits, you may be eligible for other food assistance programs.

Here are some food assistance programs:

- **Bread for the City** has a daily grocery pickup for D.C. residents at its Northwest Food Pantry, 1525 Seventh St. NW, and Southwest Center, 1700 Good Hope Rd. SE, from 9 a.m. to 4 p.m. Monday through Thursday.
- **Martha's Table** provides an assortment of markets and hot meals throughout the week located in the lobby at both the Southeast location, 2375 Elvans Rd. SE and the Northwest location, 1474 Columbia Rd. NW, from 11 a.m. to 4:00 p.m. Monday through Friday.
- **Capital Area Food Bank** covers the entire region and recommends that those impacted by the loss of emergency benefits call its "Hunger Lifeline" at 202-644-9807 or e-mail hungerlifeline@capitalareafoodbank.org. To find local resources, please visit https://www.capitalareafoodbank.org/what-we-do/direct-food-distribution-programs/

CHV Members who need help accessing these resources (for example, you need someone to pick up food from one of these locations), please do not hesitate to contact CHV.

CHV understands these changes may have a significant impact on many of our members. If you rely on Medicaid and/or received pandemic-era SNAP benefits and need further assistance, please contact the Village at (202)543-1778.

Need a Ride? Here's Some Guidance

By Jenna Jones

Did you know that since January 1, Capitol Hill Village member requests for transportation represented 46 percent of all service requests?

During that time, CHV was only able to fulfill 33 percent of these with a volunteer. Another 33 percent were switched to Lyft, which is a reasonable back-up plan but not our preferred way of providing transportation to members.

To improve the likelihood that we can match members with volunteers and get you where you need to be, not only safely but also with that special feeling that comes from neighbors helping neighbors—we are asking for **more advance time when requesting a ride.** Please notify the office or enter your ride request in Helpful Village as soon as you can, preferably right when you schedule an appointment. A week to 10 days ahead time is ideal.

Please note that new service requests are emailed to CHV volunteers only on Monday, Wednesday, and Friday mornings. This likely adds a few days before you get a response.

A CHV member benefit is 24/7 access to the Helpful Village **online platform where you submit service requests.**

- If you are new to submitting service requests, this short video and series of screen shots shows you the easy steps to submit service requests, including for transportation. You can do this any day of the week, in the daytime or evenings.
- Alternatively, you can call the CHV office between 9 a.m. and 5 p.m. on weekdays at 202-543-1778 and a staff member will be happy to enter the request in Helpful Village on your behalf.
- You can also email info@capitolhillvillage.org with the specifics of your request.

More Volunteer Drivers are Needed

Do you know someone who is available on weekdays, dependable, likes to drive their car, and would be open to taking passengers? Word-of-mouth volunteer referrals are a very effective way to increase our ranks. Do you have suggestions for how CHV might recruit volunteer drivers? We're all ears!

Thank you for keeping these needs in mind regarding making driver requests sooner and helping CHV keep a strong roster of volunteer drivers. We're always looking to improve our services!

Parkinson's Group Offers Support

By Mark McElreath

The Capitol Hill Village Parkinson's Support Group is open to all who are living with Parkinson's disease either as a patient or as a caregiver (partner, spouse, family member or close friend) for someone who lives with Parkinson's. The group meets virtually every second Tuesday and Fourth Thursday of the month.

Some members of the Parkinson's Support Group are newly diagnosed with the neurological movement disorder. Other members have been living with Parkinson's for years. Caregivers for loved ones who live with Parkinson's—spouses, partners, family members and close friends—are encouraged to join and become active in the support group.

The Parkinson's Support Group recognizes that each person's experience with Parkinson's Disease is often unique. We want our group meetings to be a safe space to talk, to listen, to learn, to connect with others who have shared concerns and interests. The candor, the range of experiences, the good humor, and often very good listening skills of our members make for fascinating, informative meetings. We learn from and respect each other; that's the hallmark of our group.

Topics discussed by the Parkinson's Support Group over the past few months include:

- End-of-life issues and the emerging role of "death doulas," specialists who are skilled at supporting an individual at the end of life.
- Caregiver concerns and best practices from our own group members and from specialists in this area.
- Best practices from among our own group members and from specialists for dealing with both motor and non-motor symptoms of Parkinson's.
- Deep Brain Stimulation as a technique for treating Parkinson's Disease.

Some members of the Parkinson's Support Group are attending the free "Dancing with Parkinson's" 90-minute in-person dance program that is held on Wednesday afternoons at the Kennedy Center. For more information, go online: https://www.kennedy-center.org/whats-on/explore-by-genre/dance/2019-2020/dance-for-pd-lbm-68951/

If you wish to register for an upcoming meeting of the Parkinson's Support Group, please contact Arie Parker, at aparker@capitolhillvillage.org; or 202-543-1778, Ext. 101.

New Activities from CHV

Conversation and Connection for Women

Director of Care Services Liz Gregg and Village members Elaine Tolk and Maggie Hobbs invite you to join a group for women that will focus on socializing, conversation, and making connections. Members can attend when it works for their schedule, so feel free to drop in when you can. We will prioritize building friendships and enjoying each other's company while sipping coffee or tea.

Beginning April 14, we will meet at the Hill Center, 921 Pennsylvania Ave. SE, in the first floor kitchen, on Fridays from 11:30 a.m.–1:00 p.m. Coffee and tea will be provided; feel free to bring a bag lunch or a goody to share! Register through Helpful Village or by contacting the CHV Office.

Happy Hour Kick-off Wednesday April 19

Capitol Hill Village members **Howard Gantman** and **Etta Fielek** are starting a series of Village Happy Hours. Please join them and CHV's Director of Care Services Liz Gregg to kickoff the fun on **April 19 at 4:00 p.m**. on the rooftop at The Residences at Eastern Market, 777 C St. SE.

This first Happy Hour will be both an opportunity to iron out details for future events and a Happy Hour too! For this initial meeting, CHV will provide light snacks and members can BYOB; if that works well, we can continue. The focus will be on having great conversation and making new connections.

Whether or not you can attend this kick-off event, we want to hear from members who would be interested in helping coordinate future Happy Hours. If you want to help, let us know by emailing Howard Gantman

hsgantman@gmail.com or just come to the Happy Hour!

Register on Helpful Village at https://capitolhill.helpfulvillage.com/events/10642. You can also email your RSVP to Liz Gregg, Director of Care Services at lgregg@capitolhillvillage.org.

New resource for Solo-Aging Members

On some level, all of us are aging solo. Even if you have a partner, children, close friends and neighbors, there's no guarantee that they will be there to help you as you get older. Friends and family die, move away, or may be unable to help for other reasons. And, as we get older, facing health crises and end-of-life decisions become inevitable.

Are you interested in getting help to reflect on your priorities, map out your support network, and put plans in place?

Capitol Hill Village is assessing member interest in the national award-winning series "Aging Solo," designed to help you take charge of your aging by addressing:

- Your social network and support network
- Healthcare decision-making and end-of-life choices
- Aging in place
- Making a move
- Your next steps

If we get enough interest, we will begin scheduling this meeting series. Please contact CHV Director of Care Services Liz Gregg if you have questions or want to express interest. This way you can be included in communications as this multi-meeting group comes together. Email lgregg@capitolhillvillage.org, or call the Village Office at 202-543-1778.

Pickleball has become a favorite activity for CHV members and the CHV staff and interns got into the fun as well. From left, Meghan Wrinkle, Mary Bloodworth, Sophia Ross, Mikayla Johnson, Liz Gregg, Arie Parker, Judy Berman, Jenna Jones, Hannah Tralka, Pamela Johnson, Tomeka Lee, and Elisabeth Welch.

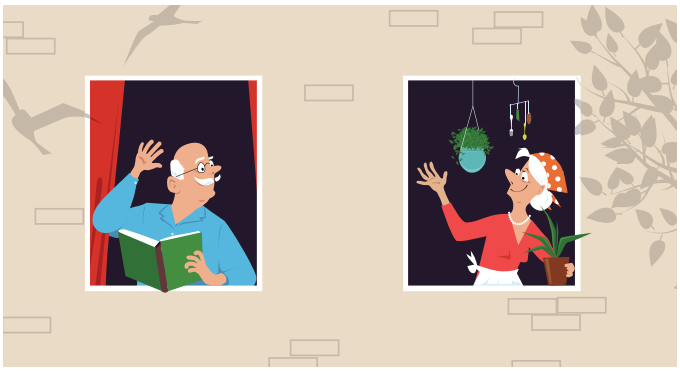
Is It Time for a NORC on Capitol Hill?

By Fran Zaniello

At the recent Capitol Hill Village meeting to discuss the Strategic Plan, several participants voiced the dilemma many of us are facing: we will probably need to get out of our two- and three-story houses in the next several years, but we don't want to leave Capitol Hill. At the same time, some of us are attracted to the conveniences offered by a retirement community—one-level living, the ease of social connections, the escape from home repairs to old houses, and the allure of good food cooked by someone else.

With no "official" retirement community on the Hill, can we come up with something almost as good?

The answer to our predicament might be a **NORC: a Naturally Occurring Retirement Community**. The internet provides examples of many different kinds of NORC's. A few are similar to the co-housing model that some of us tried to establish at the old Boys and Girls Club here on the Hill. In the kind of NORC I'm exploring, a number of seniors would live independently in the same building. A NORC here on the Hill could bring us some of the same benefits as the official (and more expensive) version of a retirement community, and, most important, it would let us continue to age in place in Capitol Hill.



Take, as an example, The Lockwood (145 apartments, located next to the CHV office, wheelchair accessible, pet friendly), which might be a good place to build a NORC. If a group of us lived in The Lockwood, our affinity groups could meet on the premises (some of them already do) in their pleasant Conservatory room. Village lecturers and workshops could come to us there. Those of us missing our gardens and front porches could enjoy the large and lovely Lockwood courtyard, or the mosquito-free roof. And, in what I consider a "must have" requirement for a NORC, at the Lockwood food is only steps away at the Safeway, with its multitudinous prepared food offerings (I'm trying them out now).

For me the worst thing about leaving the Hill would be leaving the many friends and acquaintances I've made here. Relationships are what keep us healthy and happy. But as we grow more frail, these relationships can be difficult to maintain. A NORC could change that: visiting a friend at a place like The Lockwood may mean only a walk down the hall, or a trip on the elevator to the courtyard, or roof garden, or pub (yes, there is a pub). And, perhaps even more important, we're still living on the Hill, and our friends are nearby, maybe still in their houses, or maybe at The Lockwood too.

CHV Executive Director Judy Berman is an enthusiastic proponent of the NORC concept. She emphasizes the many advantages of what she calls "people living in congregate." She believes that as we get older "proximity"—to people we love, to things that we need—really matters. And having a group of Village members living in one building would be a real advantage for both the Village and NORC residents. Judy sees another benefit of NORCs that we had not considered, and that relates to the shortage of paid home health aides. It would be much more efficient and cost effective, she argues, for one home health aide to visit several older adults in one building.

How do we develop a NORC on Capitol Hill? There are many unanswered questions: what buildings would work best, how many people would it take for a building to feel or function like a NORC, how "intentional" should that development be, and what role should CHV play in developing a NORC? One thing is clear—while CHV members might provide the "seed" for a NORC, other older adults would be needed to provide the critical mass needed to make a NORC work.

Are there other buildings on the Hill, in addition to The Lockwood, that could serve as a NORC? Beckert's Park (325 units, fully wheelchair accessible, pet friendly) above Safeway and across from The Lockwood, could be a candidate. Safeway is only an elevator ride away. Beckert's Park has many amenities (an indoor putting green, a basketball court, a beautiful outdoor pool). And The Residences at Eastern Market could also be a NORC. Many of us have visited people there and know how lovely it is. At this point, approximately 10 Village members already live in The Residences, and the elevator there takes you directly to Trader Joe's. All these buildings meet NORC requirements: easy access to grocery stores, the Metro, CVS, Fragers, the Public Library, good restaurants, and Eastern Market.

For many of us, the decision to leave our Capitol Hill houses will not be made easily. Some of us will move to be nearer to our children, some of us will move to "real" retirement communities, and some of us will choose to stay in our houses. The NORC concept presents yet another alternative, one that allows us to be in close community with others, and also allows us to stay on the Hill. For me, a Capitol Hill NORC would still be "aging in place"—this time—Act II.

April Events List

Friday, March 31, 1:00–2:15 p.m.

Virtual Event: LGBTQ Brain Health Support Group

Learn, connect, share resources. We welcome anyone in the LGBTQ+ community impacted by dementia (caregivers, self, partner, pastor, or anyone close to you). To register, contact Capitol Hill Village at info@capitolhillvillage.org or call 202-543-1778.

Open to all

Saturday, April 1, 9:00 a.m.

Your Home

Hazardous Waste & Personal Shredding Pick-up

Note: Signup deadline is Thursday, March 30

Hazardous materials and personal papers will be picked up from members' homes for delivery to DC's safe disposal site.

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 and viewed by the CHV delivery team to ensure they are destroyed. *Due to the increase in porch thefts, we recommend that you keep your papers in your house until the volunteer arrives and knocks at your door or calls. This is not a requirement, however.*

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

E-waste (televisions, TV remotes, computers, monitors, modems, DVD players, cellphones, NiCad batteries, etc.) and other items not accepted in weekly home trash pickup. **Remove your hard drive from computers** you are disposing. **Wipe your address book and personal information from cellphones.**

No small appliances (hand mixers, blenders, etc.) which can go in the regular trash.

No large appliances (washers, dryers, refrigerators, etc.) Call DC 311 for bulk trash pick-up.

No drugs Over-the-counter medicines can go in regular trash. Prescription drugs—call or drop off at Capitol Hill Village for proper disposal.

If you need assistance, contact the CHV office at 202-543-1778 or info@capitolhillvillage.org.

Members Only.

NIGHT OF MYSTERY

Starting April 1: browse online auction items at **http://bidpal.net/chvgala**.

Wednesday, April 5, 4:00–5:00 p.m.

Virtual Event: History & Biography Author Talk—Andy Jampoler

Guest author **Andy Jampoler** will discuss his recently released book *Hard Aground: The Wreck of the USS Tennessee and the Rise of the US Navy.* The book brings together three intertwined stories documenting the US Navy's strategic and materiel evolution following the end of the Civil War through the First World War. These incidents had lasting consequences for how the Navy would modernize itself through the rest of the Twentieth Century.

Andy retired from the US Navy after a career which included serving as an officer in the Strategic Plans and Policy Division of the US Navy and service on the personal staffs of the Chief of Naval Operations, the Secretary of Defense, and the Commander in Chief of the US Pacific Fleet. He is the author of seven other nonfiction books about incidents in maritime history.

Open to All. **Registration is required.**

Thursday, April 6, 1:30–2:30 p.m.

Virtual Event: District Dialogues: Conversations on Race and Justice in Our City

Join **Dr. Yesim Sayin**, Executive Director of the D.C. Policy Center for a presentation on housing issues in the District.

Housing policies are central to the inclusiveness of a city. Housing defines, in large part, how residents share the wealth created by a city and how they access its assets and amenities. Where we live deeply affects our quality of life and the opportunities available to us and our children, especially jobs and schools. How we invest in neighborhoods determines the desirability of the housing stock in those neighborhoods. How we regulate our housing market can shape who stays in the city and who leaves. Public policies

▶ continued on page 16

March Events *continued from page 15*

that control the housing supply and public investments in amenities and services such as schools, transportation, and infrastructure can play roles as strong as private wealth in defining the demographic make-up of the city.

Open to all.

Tuesday, April 11, 3:00–4:00 p.m.

Virtual Event: Parkinson's Support Group

The Parkinson's Support group is for individuals with Parkinson's to share knowledge, challenges, and ideas and to provide encouragement to one another. Additionally, we are all encouraged to form and maintain a team of support and communication with friends and family. See story on page 14.

If you, or someone you know, is living with Parkinson's and may be interested in leading this group, please let the CHV Care Services staff know; no prior experience leading groups is required.

Open to all.

Tuesday, April 11, 7:00–8:00 p.m.

Virtual Event: Village Voices—Charles Downey

Charles Downey writes reviews for Washington Classical Review and sometimes *The Washington Post*. See story on page 8.

Open to all.

Wednesday, April 12, 12:00–2:00 p.m.
Capitol Hill Towers, 900 G St. NE

Get Your Groove On

Join Capitol Hill Village members and volunteers for an afternoon of hand dancing, snacks and fun (bring your own lunch). Meet in the Community Room.

Members and volunteers.

Wednesday, April 12, 2:00–4:00 p.m.
Private Home

Poetry Readers

Each attendee may (but is not required to) bring a poem to read and share with the group. Join us for a lively conversation about what we think the poem means and more exploration of the topics the poems touch on.

Members and volunteers.

Thursday, April 13, 1:00–2:30 p.m.
The Lockwood, 1339 E St. SE

Memoirs—Pope Barrow

This Memoirs meeting will feature guest author **Pope Barrow**. Pope is a neighbor and CHV member and volunteer with a recently published Memoir: *I Should Have Been More Careful*. In his memoir, Pope describes his life as an adventurer and follower of his mantra: Enjoy life and embrace speed. Pope will talk about his life of adventure and his publishing experience.

See the March 2023 issue of CHV News for Karen Kinney's profile of Pope.

Open to all.

Thursday, April 13, 2:00–4:00 p.m.
Labyrinth, 645 Pennsylvania Ave. SE

Games and Puzzles

Join other CHV members and their friends for two hours of game-playing fun. The staff at Labyrinth will help us pick out new and familiar games. No serious games are played; we are there to have fun; no reservations required, just come. (1) Participants must be vaccinated; (2) proof of vaccination is required; (3) masks are required.

Open to all.

Thursday, April 13, 5:30–7:00 p.m.
The Lockwood, 1339 E St. SE

Cinephiles

Check the CHV Helpful Village website for the list of films that will be discussed.

Members and volunteers.

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March Events *continued from page 16*

Friday, April 14, 9:00–11:00 a.m.
Your Home

Goodwill Pick-up

NOTE: Signup deadline is 12:00 Noon, Wed., April 12

Do you have clothes, books, knickknacks, or other small items you'd like to donate to Goodwill? Clean out your house for a good cause. Donations being accepted at Goodwill of Greater Washington:

- **Clothing** in good condition
- **Accessories** in good condition
- **Linens and Textiles**, clean and stain-free
- **Housewares** in good and working condition
- **Electronics** in working condition and with ALL parts
- **Art and Antiques,** such as mass-produced items, signed pieces, and collectibles of any kind, including books, magazines, and comic books
- **Books and Records**

Please limit donations to no more than one 30-gallon trash bag.

Members only.

Friday, April 14, 1:00–2:15 p.m.

Virtual Event: LGBTQ Brain Health Support Group

Learn, connect, share resources. We welcome anyone in the LGBTQ+ community impacted by dementia (caregivers, self, partner, pastor, or anyone close to you). The Alzheimer's Association will make a presentation on "Managing Money: A Caregiver's Guide to Finances." To register, contact Capitol Hill Village at info@capitolhillvillage.org or call 202-543-1778.

Open to all.

Friday, April 14, 4:00–5:00 p.m.

Virtual Event: Helpful Village Training for Volunteers

CHV volunteers are encouraged to join this session about using Helpful Village when volunteering for the CHV. We will review types of service requests, logging in to Helpful Village, editing your profile, and selecting a service request.

Volunteers only.

NIGHT OF MYSTERY

April 15: Bidding starts for on-line auction items at http://bidpal.net/chvgala.

Saturday, April 15, 10:00 a.m.

CHV On-line Silent Auction

Bidding opens at 10:00 a.m. in the CHV on-line auction at http://bidpal.net/chvgala. See pages 6–7 for a sample of items currently available.

Don't wait for April 15, however—browse the website now and start choosing favorite items.

Monday, April 17, 1:00 p.m.
Tunnicliff's, 222 Seventh St. SE

Wyze Guyz

Join other men in an informal, Dutch-treat gathering at Eastern Market's favorite pub, Tunnicliffs, to get to know each other better and relax over tavern fare and good conversation. This month we will discuss the article by Fran Zaniello on NORCs which is featured in the CHV April newsletter. See page 16.

Monday, April 17, 6:30–8:00 p.m.

Virtual Event: Iona/CHV Support Group for Caregivers of Individuals with Dementia

Capitol Hill Village and Iona Senior Services partner to offer a support group for spouses, partners, adult children, and others who are coping with the challenges of being a caregiver for a family member or friend with dementia or memory loss. Led by professionals from Iona. Contact **Bill Amt** at bamt@iona.org for questions about the link to the virtual meeting.

Members and volunteers. Reservations required.

Tuesday, April 18, 11:00 a.m.–1:00 p.m.
Private Home

Purls of Wisdom

Join friends and neighbors for conversation, and work on your favorite yarn project. We meet in the home of Nancy Lee. All participants must be fully vaccinated. There will

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March Events *continued from page 17*

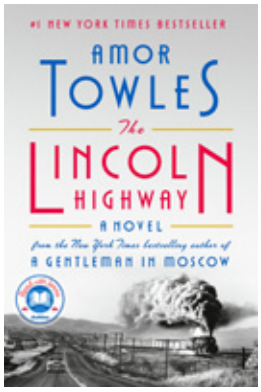
not be lessons, but we may be able to help a bit; this is for folks with some experience with knitting, crocheting, needlepoint, etc. For more information, contact Nancy Lee at nancylee8891@gmail.com.

Tuesday, April 18, 5:00–6:30 p.m. ***New Time***

The Lockwood, 1339 E St. SE

CHV Literary Club

Note: Signup by 5:00 p.m., Tuesday, April 18



In April the Village Literary Club will read Amor Towles,' *The Lincoln Highway: A Novel* (2021, 576 pp). Most readers will know his very popular novel, *A Gentleman in Moscow. The Lincoln Highway* is his most recent book. Set in 1954, *The Lincoln Highway* takes us on a road trip with four boys—from Nebraska to New York with lots of detours. The novel takes place over 10 days and contains a large cast of characters and multiple points of view. It has what *The New York Times* calls an "episodic, exuberant narrative…that is remarkably brisk, remarkably buoyant." NPR describes the book as a "joy ride," that is "elegantly constructed and compulsively readable."

Members and social members.

Wednesday, April 19, 4:00–6:00 p.m.

The Roof of Residences at Eastern Market, 777 C St. SE

Village Happy Hour

Village Happy Hours are resuming. Members **Howard Gantman** and **Etta Fielek** are starting a series of Village Happy Hours. Please join them and CHV's Director of Care Services **Liz Gregg** to kick off the fun on April 19. CHV will provide light snacks and members can BYOB. See story on page 15.

Open to all.

Options for Registering for CHV Events

- Click here to access Helpful Village or go from the CHV website and register on-line.
- Call the CHV Office at 202-543-1778 or email info@capitolhillvillage.org and request to be registered.

Thursday, April 20, 10:30 a.m.–2:30 p.m.

Meet at the bench inside E. Capitol St. entrance to the U.S. Capitol grounds

Meet, Walk, View, Eat

Join other CHV members for a walk of approximately one mile to the National Gallery of Art. Once at the museum, which has no admission charge, choose your own viewing agenda. Check the NGA website for current exhibits at (http://www.nga.gov/content/ngaweb/exhibitions/current.html).

At 1:00 p.m. we'll meet at the Cascades Café for lunch together, then walk back up the hill, or resume our own gallery viewing. (Note: it is not permitted to bring your own food into the museum.) Over lunch, we will discuss visiting different museums in May and June. As of March 11, masks are optional but encouraged in the museum.

Members only. **Registration is encouraged.**

Tuesday, April 25, 10:00–11:00 a.m.

Old City Crossfit, 1007 H St. NE

Strength, Balance, Stability, and Conditioning Fitness Class

Note: Signup deadline is 3:00 p.m., April 24

It's never too late to start working on your fitness. Join us for an exciting collaboration between Old City Crossfit and Capitol Hill Village on the last Tuesday of each month at their studio. In this 45-minute fitness class specifically designed for CHV members, you will work on developing your strength (both lower and upper body), balance, and stability, with a light conditioning at the end. Old City Crossfit will have two expert coaches present to help guide you through each movement and work with you to ensure each movement and exercise is scaled to your current ability and fitness level. Here's an example class from our work with AARP.

Members only.

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March Events *continued from page 18*

Tuesday, April 25, 11:30 a.m. ***Date and Time Change***
Private home

Village Opera Society: Ryan Brown, Opera Lafayette

Capitol Hill resident and the founder and artistic director of Opera Lafayette, Ryan Brown will discuss his opera company and upcoming productions of "Opéra-ballet: Rameau's *Io* and de La Garde's *Léandre et Héro*." Ryan often combines dance with Baroque operas, as he will for Rameau. And you can expect amazing costumes designed by Machine Dazzle (yes, that is his name).

To fit with Ryan's busy schedule as he prepares for performances May 2-3, we are having an unusual Tuesday meeting at 11:30 a.m. If we all bring some food, we may have enough to feed us all lunch! So, please bring food or drink to share.

Open to all.

Thursday, April 27, 1:00–2:30 p.m.

Virtual Event: Memoirs Group

What's Your Story? Have your children, grandchildren, or other young people in your life ever asked you what it was like when you were growing up? Have you ever thought about writing a memoir or creating an oral history? The Memoirs Affinity Group focuses on creating memoirs. Stories, as told by the people who lived them, reflect a unique piece of history and will be treasured by the storytellers, their families, and maybe others for generations to come.

The group attempts to create a space where participants can share approaches to getting started, resources for creating memoirs and ways to stay motivated to create memoirs for themselves, family members and others. See related story on page 2 of this issue.

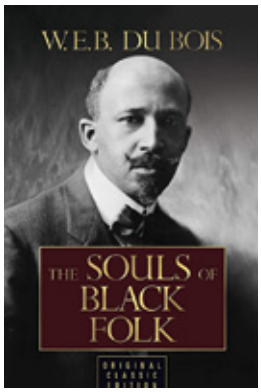
Open to all.

Options for Registering for CHV Events

- Click here to access Helpful Village or go from the CHV website and register on-line.
- Call the CHV Office at 202-543-1778 or email info@capitolhillvillage.org and request to be registered.

Thursday, April 27, 1:30–3:00 p.m. ***New Date**

Virtual Event: Anti-Racism Reading Group



For our next read, we selected *The Souls of Black Folk* by W.E.B. Du Bois. [Note: this book is only 126 pages!]. *The Souls of Black Folk* holds a unique position as a religious commentary, a social critique, a testimony to the human spirit, a literary treasure, and an empirical analysis of political and economic conditions. At the heart of its legacy is victory in the face of adversity.

Open to all.

Thursday, April 27, 2:00–4:00 p.m.
Labyrinth, 645 Pennsylvania Ave. SE

Games and Puzzles

Join other CHV members and their friends for two hours of game-playing fun. The staff at Labyrinth will help us pick out new and familiar games. No serious games are played; we are there to have fun; no reservations required, just come. (1) Participants must be vaccinated; (2) proof of vaccination is required; (3) masks are required.

Open to all.

Thursday, April 27, 3:00–4:00 p.m.

Virtual Event: Parkinson's Support Group

The Parkinson's Support group is for individuals with Parkinson's to share knowledge, challenges, and ideas and to provide encouragement to one another. Additionally, we are all encouraged to form and maintain a team of support and communication with friends and family. See story on page 14.

If you, or someone you know, is living with Parkinson's and may be interested in leading this group, please let the CHV Care Services staff know; no prior experience leading groups is required.

Open to all.

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April & Early May Events *continued from page 21*

Friday, April 28, 1:00–2:15 p.m.

Virtual Event: LGBTQ Brain Health Support Group

Learn, connect, share resources. We welcome anyone in the LGBTQ+ community impacted by dementia (caregivers, self, partner, pastor, or anyone close to you). To register, contact Capitol Hill Village at info@capitolhillvillage.org or call 202-543-1778.

Open to all.

Friday, April 28, 6:30–9:30 p.m.
Indoors and outdoors, St. Mark's Church, 301 A St. SE.

CHV Gala & Salon Dinner Aucion

Join CHV members and community friends in A Night of Mystery and fun, all for a good cause—helping raise funds for Capitol Hill Village. Tickets are $175 each at http://bidpal.net/chvgala. See stories on pages 1 and 5–7.

Tuesday, May 2, 11:00 a.m.–1:00 p.m.
Private Home

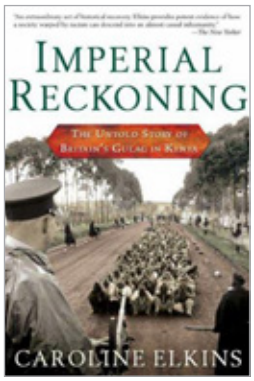
Purls of Wisdom

Join friends and neighbors for conversation, and work on your favorite yarn project. We meet in the home of Nancy Lee. All participants must be fully vaccinated. There will not be lessons, but we may be able to help a bit; this is for folks with some experience with knitting, crocheting, needlepoint, etc. For more information, contact Nancy Lee at nancylee8891@gmail.com.

Wednesday, May 3, 4:00–5:00 p.m.

Virtual Event: History & Biography

The History and Biography group will read *Imperial Reckoning: The Untold Story of Britain's Gulag in Kenya*, by Carrie Elkins (496 pp.). Britain fought in the Second World War to save the world from fascism. But just a few years after the defeat of Hitler came the Mau Mau uprising in Kenya, a mass armed rebellion by the Kikuyu people demanding the return of their land and freedom. The draconian response of Britain's colonial government was to detain nearly the entire Kikuyu population in camps or confine them in villages ringed with barbed wire. Elkin reveals efforts to conceal the truth and the ruthless determination with which Britain sought to control its empire.



Our next meeting will be September 6 to discuss Mark Perry's *Lift Up Thy Voice: The Sarah and Angelina Grimke Family's Journey from Slaveholders to Civil Rights Leaders.*

Open to all.

Friday, May 5, 8:00 p.m.

CHV Silent Auction Ends

Last chance on vacation homes, gift certificates, and collectibles—the bidding closes at 8:00 p.m.

Saturday, May 6, 9:00 a.m.-12 noon (rain date May 13)
Your Home

Gardenpalooza

The annual event where Members can get help with gardening tasks. Volunteers are also sought to lend a hand to neighbors. See story on page 2.

Members only.

Saturday, May 6, 9:00 a.m.
Your Home

Hazardous Waste & Personal Shredding Pick-up

Note: Signup deadline is Thursday, May 4

Hazardous materials and personal papers will be picked up from members' homes for delivery to DC's safe disposal site. See the April 1 entry for full details.

If you need assistance, contact the CHV office at 202-543-1778 or info@capitolhillvillage.org.

Members Only.

Ongoing Events

Mondays, 9:30 a.m.
Meet at the plaza outside the Eastern Market North Hall

Easy Strollers

The Easy Strollers will walk for about 20 minutes at a gentle pace. We will cancel if there is rain. Sign up at the CHV office to make sure you will get notices of changes.

Open to all

Mondays, 10:00 a.m.–12 Noon

Virtual Event: DC Center for LGBT Community—Coffee Hour

It's the Coffee Drop-in, hosting friendly conversations on current issues. Contact supportdesk@thedccenter.org to get the Zoom link.

Mondays, 2:00 p.m.
Second and I Streets. 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 more information, contact Paul at: pcromwell23@gmail.com

Members and volunteers. **Registration required.**

Mondays, 2:00–3:00 p.m.
Residences at Eastern Market, 777 C St. SE (first floor)

Tai Chi

In a typical Monday there will be one half hour of exercises for those new to Tai Chi followed by one half hour of the 13 postures in the opening form of Tai Chi, and at the end a run through the final 26 postures for more experienced practitioners of Tai Chi.

Open to All. **Registration required.**

Mondays and Thursdays, 4:00–5:00 p.m.

Virtual Event: Chair Yoga

Energize your overall sense of well-being. Strengthen the body and relax your mind. Practice proper balance and breathing techniques. Join us for an enjoyable hour of mellow flow chair yoga, as we improve the body/mind connection with soothing music. A straight back chair with no arms, is all that is required! CHV member **Robin Blum**, leads the class. You don't have to be a Village member to join this Zoom class. Namaste!

Open to all.

Tuesdays and Thursdays, 10:00–11:00 a.m.
St. Mark's Episcopal Church Garden, 301 A St. SE

Qigong

Qigong is a form of gentle exercise, suitable for any age or physical condition, that consists of flowing movement and breathing techniques. It is 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.

Tuesdays, 12:30–2:00 p.m. ***No rehearsal on April 11***
Capitol Hill Arts Workshop, 545 Seventh St. SE

Second Wind Chorus

Second Wind is a community chorus that has enjoyed making music together for over a decade on Capitol Hill. Members have varied backgrounds in music and welcome anyone who loves to sing and wishes to join the chorus. We sing in person; we require proof of vaccination and

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Ongoing Events *continued from page 23*

follow Covid-19 protocols, which will enable us to continue to meet and rediscover the joy of music-making and performance. For more information, visit our website at www.secondwindchorusdc.com.

Tuesdays, 12 Noon–:00 p.m.
Capitol Hill Village Office, 1355 E St. SE

Reiki

Reiki, which means "Universal Life Energy" in Japanese, is non-invasive therapy that promotes the body's own healing ability with benefits including reduction of chronic and acute pain, reduction of stress and anxiety, and increased energy and mental clarity. CHV Member and Reiki Master **Shirley Loo** will perform 15-minute sessions during which the participant will be seated in a chair. Shirley was a longtime volunteer at George Washington Hospital where she provided Reiki to hundreds of patients, their family members, and hospital staff. Indicate the 15-minute time block you would like (see instructions you receive after registering). Must be fully vaccinated for COVID-19 and wear a mask.

Members and volunteers.

Tuesdays, 2:00–3:00 p.m.

Virtual Event: Antiracism Reading Pod

We will read *America on Fire: The Untold History of Police Violence and Black Rebellion Since the 1960s* by Elizabeth Hinton. From one of our top historians, a groundbreaking story of policing and "riots" that shatters our understanding of the post–civil rights era.

"Not since Angela Davis's 2003 book, *Are Prisons Obsolete?*, has a scholar so persuasively challenged our conventional understanding of the criminal legal system." —Ronald S. Sullivan Jr., *The Washington Post.*

Please contact the Village at info@capitolhillvillage.org to be added to the group, or for information on starting your own group.

Members and volunteers.

Wednesdays, 12 Noon–1:00 p.m.

Virtual Event: 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 (through May 24), 4:00–5:00 p.m.

Virtual Event: Collaborate on Laughter—Improv Theater

This is the perfect introduction to improv and theater. We play games that tap into your creativity, while developing skills that enhance listening and engage your sense of humor. You don't need theater experience. You don't need to be a "funny person." Just be ready to have a good time. Improv helps people connect with each other and have their sense of play reignited.

Washington Improv Theater is dedicated to sharing the ideas and spirit of improv with all of DC. Workshops are high-fun, low-stress classes designed to show how improvisers create spontaneous, off-the-cuff theater. Our enthusiastic and friendly instructors work to make sure everyone is able to participate in a playful and trusting atmosphere.

The cost is $50 for this eight-week series (April 5, 12, 19, 26; May 3, 10, 17, 24) payable by credit card when you register. Contact the CHV Office if you want to pay with cash or check.

Open to all.

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Ongoing Events *continued from page 24*

Wednesdays, 2:00–4:00 p.m.
Various Locations

Mahjong

Mahjong is a game that originated in China. Similar to the Western card game Rummy, Mahjong 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.

We meet weekly in alternating locations: first and third Wednesday at Labyrinth Games and Puzzles, 645 Pennsylvania Ave. SE; second Wednesday at Tunnicliff's, 222 Seventh St. SE; and fourth Wednesday at Mr. Henry's, 601 Pennsylvania Ave. SE. Contact CHV at info@capitolhillvillage.org to sign up.

***New Program: Starts April 14**

Fridays, 11:30 a.m.–1:00 p.m.
Hill Center, 921 Pennsylvania Ave. SE

Women's Kitchen Conversations

Director of Care Services **Liz Gregg** and Village members **Elaine Tolk** and **Maggie Hobbs** invite you to join a group for women that will focus on socializing, conversation, and making connections. See story on page 15.

Fridays, 2:00–3:30 p.m.

Virtual Event: DC Center for LGBTQ Community—Tea Time

Bring your beverage of choice for this virtual social hour for older LGBTQ and other adults. For more information and the Zoom link, contact Justin at justin@thedccenter.org.

Saturdays, 10:00 a.m.–1:00 p.m.
Congressional Cemetery, 1801 E St. SE

Death Doula Days

Congressional Cemetery's new Death Doula in residence, Laura Lyster-Mehsh, will be hosting Death Doula Days on Saturdays, welcoming the DC community to drop by and gather around the table for "death positive" conversations, guests, games, and workshops. Bring your curiosity, your questions, and a sense of humor as we talk openly about dying and death and how we can live our lives well even as we are aware life is finite.

Open to all.

Saturdays through July 1, 9:00–11:00 a.m. OR 2:00-4:00 p.m.

Virtual Event: A Matter of Balance

The DC Department of Aging and Community Living's Safe at Home Program is offering *A Matter of Balance* on Saturdays beginning April 29 and running weekly for nine two-hour sessions through July 1 (no class on Memorial Day weekend). The class is free to CHV members. It will be facilitated by graduate students from The George Washington University's physical therapy program. See story on page 1.

Sign up for either of the two classes at Morning and Afternoon. You will need to create an Around Town DC Account to register. Participants will not be able to switch between sessions once the program begins.

Monday-Saturday, 8 a.m.–1:00 p.m.

Fit and Wellness Senior Fitness

YMCA DC hosts free one-hour fitness classes every day as part of its Fit and Well Seniors Program.

If you have not done so previously, you will need to sign up for **Fit & Well Seniors** here. Indicate on the first page that you are registering as a member of a Senior Village. The form asks you to pick a class on the third page; you do not need to select a class to complete the form.

Contact the CHV office at info@capitolhillvillage.org or 202-543-1778 if you would like assistance in signing up or have questions. After this one-time registration, within 24 hours you will receive your customized Senior Passport with the Zoom link to use for all classes.

Open to all.

CHV Events are Both Virtual and In-Person

CHV will resume regular in-person programming under the current Covid conditions as long as we continue to take appropriate precautions and continue to consider the needs of those in the community whose risk of severe outcomes from COVID may be greater than our own.

For more information and guidance on using Zoom, see page 22 of the March 2023 Village News.

capitol hill VILLAGE

Capitol Hill Village
1355 E Street SE
Washington, DC 20003