



# VILLAGE NEWS



Capitol Hill Village member and author Lula Thomas (right), has succeeded in getting her memoir published with help from the CHV community. A ride to a medical appointment from Acacia Herndon (left), turned into a partnership working on the book, *Worth the Wait*. Lula also got help from Pamela Johnson, CHV's Peer Health Outreach Specialist, and today the book is on the market. See story on page 4.



## Oh What a Night! 2024 Gala and Silent Auction

It's April and time for the Capitol Hill Village Gala and silent auction, which are important fundraising activities that support CHV programs and services.

On April 1, bidding opens in the on-line silent auction. There will be vacation homes, at the sea and in the mountains from Maine to Puerto Rico and west to Denver and California; coupons for restaurants and other local businesses; theater tickets; baseball tickets; and more.

On Saturday, April 20 gather for the Gala from 7:00–10:00 p.m. at St.

Mark's Church, 301 A St. SE. Tickets are \$150. Enjoy good music, festive food and drink, dancing, and plenty of opportunity to converse with old and new friends. This will also be the first opportunity to purchase a seat at a Salon Event.



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

See pages 8–9 for all the details on what to expect at the Gala and what's in the silent auction.

▶ continued on page 8

## Capitol Hill Village Rolls Out New Membership Structure and Fees

Capitol Hill Village will institute a new membership structure and fees for **new members who join on or after April 1, 2024**. These revisions will kick in for **current members starting on May 1** as they renew their annual memberships over the coming year.

Taking our cue from the Strategic Plan, and based on Goal 7 and Objective 7.2 of the Plan (see page 6), the Membership Committee reviewed a number of resources (the 2022 Member Survey; background material for the Strategic Plan; a Spring 2023 survey of social members; input from a pro bono Consultant; and a late 2023

▶ continued on page 6

### IN THIS ISSUE

- Are You Up to Date on Your COVID Vaccine? , Gardenpalooza Returns May 4; Ready to Get Your Papers in Order?, p. 2
- From the ED: Springing Forward, p. 3
- From the Board: The CHV Garden is Growing; Congratulations to Lula Thomas!, p. 4
- Village Voices Waiting to be Heard. . . , p. 5
- New Membership Structure and Fees, cont., p. 6
- Spring Membership Drive; CHV Membership and Fees FAQs, p. 7
- CHV Gala — Oh What a Night!, pp. 8–9
- Don Heffernan: Problem-Solving Volunteer; Men: Do you Have Something to Say About Masculinity?, p. 9
- Hear about Hearing: Wellness Café; Baking, p. 11
- LGBT Resource Roundup, p. 12
- Medicare: Recent and Upcoming Changes , p. 13
- Capitol Hill Then and Now, p.14
- April Events List, p. 13
- Ongoing Events, p. 15
- It's here! CHV Gala activities go throughout April, back cover

---

# Are You Up to Date on Your COVID Vaccine?

Older adults continue to be at highest risk for COVID-19 illness, hospitalization, and death due to lessening immunity that occurs over time. This is why getting your **updated COVID vaccine is so important if you're age 50 or older** or in another high-risk group.

To protect against serious illness, the Centers for Disease Control and Prevention (CDC) recommends **one dose of an updated COVID-19 vaccine**—designed to target the newest variants—for everyone age 5 and older. As of February 2024, adults age 65 and older are recommended to get an additional dose of this season's COVID vaccine for added protection. People who are moderately or severely

immunocompromised may be advised to get additional doses and can talk with their health care professional to determine when to get one.

## Where to get your COVID vaccine

You can typically get vaccines at your doctor's office or at your local pharmacy. In addition, many senior centers and other community-based organizations hold vaccine clinics regularly. If you have Medicare, it should cost you nothing to get your COVID shot.

“The good news is that there was a law passed that mandates that Medicare and Medicaid cover COVID and flu vaccines as well as other vaccines at no out-of-pocket costs for older adults,”

said Kathleen Cameron, Senior Director of the NCOA Center for Healthy Aging.

Find a vaccine appointment near you at [Vaccines.gov](https://www.vaccines.gov), or by texting your ZIP code to 438829, or by calling 1-800-232-0233, TTY 1-888-720-7489. Persons living with a disability can find COVID-19 vaccine support by calling the Disability Information and Access Line at 1-888-677-1199 or emailing [DIAL@n4a.org](mailto:DIAL@n4a.org).

Capitol Hill Village is happy to help you locate and schedule a vaccine and/or help with transportation if you need it. Call us at 202-543-1778.

*Adapted from National Council on Aging bulletin; access the full document at <https://www.ncoa.org/article/covid-19-shots-what-older-adults-need-to-know>*

---

# Gardenpalooza Returns May 4

Spring has sprung, and so have the weeds! Capitol Hill Village volunteers are ready to help you with some outdoor spring yard cleaning on **Saturday, May 4, from 9:00 a.m. to 12:00 p.m.** (Rain date Saturday, May 11.) Sign up [here](#) and let us know what type of work needs to be done (weeding, pruning, planting, etc.), and we will match you with our team of green thumbs.

When you sign up, click the “Purchase Tickets” button, then select “Member” or “Volunteer”. **The “tickets” are free;** this is just a way of identifying your specific needs.

Questions? Need help signing up? Contact the Village at [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org) or call 202-543-1778 x 103.



---

# Ready to Get Your Papers in Order?

Getting your papers in order—GYPIO—is an affinity group that assists Capitol Hill Village members get their end-of-life documents prepared and organized in the event that they are unable to make decisions for themselves or in the event of death.

Often, even the mere mention of the subject can make many people feel uncomfortable, fearful, or anxious. However, GYPIO seeks to normalize those conversations and empower members to prepare their papers, such as a will and financial and health powers of attorney, so that their loved ones have one less decision to make in



a time of crisis. Having your papers in order also affords you the opportunity to have a say in the way you would like to be treated and cared for when you are no longer able to communicate your wishes. This group's purpose is to normalize preparing for end-of-life

as a beautiful part of the life cycle, while acknowledging that there are also difficult moments and feelings associated with the phase and planning for it.

GYPIO groups are organized based on similar backgrounds and interests. The groups are developed and led by CHV members but may receive additional support from CHV staff. Groups typically meet in the home of a member and are intentionally limited to eight or fewer participants. If you are ready to start getting your papers in order, contact Arie Parker at [aparker@capitolhillvillage.org](mailto:aparker@capitolhillvillage.org)

---

## CAPITOL HILL VILLAGE

### To reach us:

202-543-1778 (M–F, 9 a.m.–5 p.m.)

[info@capitolhillvillage.org](mailto:info@capitolhillvillage.org)

<https://www.capitolhillvillage.org>

Capitol Hill Village

1355 E Street SE

Washington, DC 20003

Connect with CHV at:



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

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

To **support the Village**, go to [www.capitolhillvillage.org](http://www.capitolhillvillage.org) and click on “Support/Donate.” Capitol Hill Village is a 501(c)3 charitable institution, and your gift is tax deductible. All donations are welcome!



CHV #55474

### Capitol Hill Village Leaders

Judy Berman, *Executive Director*

Tama Duffy Day, *President of the Board*

Mary Bloodworth, *Director of Operations*

Liz Gregg, *Director of Care Services*

Pamela Johnson, *Peer Health Outreach Specialist*

Jenna Jones, *Administrative Coordinator*

Cassandra McPerson, *Grant Programs Manager*

Arie Parker, *Member Services Coordinator*

Sophia Ross, *Digital Media and Grant Program Strategist*

Elizabeth Schachter, *Care Services Manager*

Alex Smith, *Care Services Specialist*

Meghan Wrinkle, *Care Services and Program Specialist*

### Capitol Hill Village News Team

Editor: Karen Stuck

Layout: Roxanne Walker

## FROM THE EXECUTIVE DIRECTOR

# Springing Forward



Judy Berman

Just like Spring carries connotations of changing weather—the ol’ lion and lamb—so April feels like a mixed bag at Capitol Hill Village.



On the one hand, we have the Gala. **Oh What a Night.** This event is a labor of love. Volunteers have been working since well before the new year to find a date, decide on a theme, confirm a venue and vendors, and plan entertainment. The last month or two have focused on choosing the menu, soliciting sponsors, collecting items for the auction, and getting the word out, all with the goal of attracting members of our community to come out and party with CHV. Personally, I’m starting to think about what I’ll wear—after all, there’s both casual and formal options from across three decades to choose from! And I look forward to “getting my move on” on the dance floor where I hope many of you will join me, along with activities focused on personal and cultural memories from our early years in the mid-20th century. I hope we can reward the work of these dedicated volunteers with an outstanding turnout!

We also have the first CHV membership drive. Not since the Village first started has there been this kind of focused effort on attracting new members. This, too, is volunteer initiated and led. As part of the preparation for this drive, we thought long and hard about whether our membership structure was fair and sustainable and for the first time in seven years, we’re

going to see some pricing changes. It’s all part of our goal to make sure the Village is here for the next 15 years with even more opportunities for building connections, planning for a meaningful elderhood, and receiving individualized support if and when you need it from volunteers, professionals, or both.

But alas, Spring also means that most of our interns will be completing their internships and moving on. This year, we truly hit the mother lode, with four interns from three different Master of Social Work programs and one undergraduate intern. As a non-profit organization doing excellent work, it’s a point of both obligation and pride that we use our experience to help train professionals of the next generations to work with older adults. Though all social workers are taught to respect clients, the Village model brings with it a unique focus on self-determination. Older adults created the Village; no one is required to join a Village; and no one in the Village interacts with our social workers unless they want to. So, interns get to see and experience a true partnership between staff and members, coupled with the opportunity to engage with volunteers. It’s a truly rich experience for them and for us. (Fortunately, not all of the interns will be leaving us, but more on that when plans have been finalized.)

It’s a truth that some of us will have the opportunity to celebrate at our Passover seders this month that all joys are touched by a drop of sorrow. Such is the spring—some rain, some sun, some wind, some chill. Let’s feel them all as fully as we can. Soon, summer will be here!

# The CHV Garden is Growing



Bruce Brennan

My turn! Spring is a time of renewal and growth. It can also be time for reflection. I'm feeling reflective as my second term on the Board comes to a close in

September. (Our by-laws wisely set a limit of two consecutive terms for Board members, allowing for new energy, new ideas, new growth.)

As I look back on the last six years, I see just how our Village garden thrived and grew. Old plants with stronger roots and new "plants" or programs added.

A quick review reminds me of many events and accomplishments over these six years: a successful transition of Executive Directors; saying a sad farewell to an admired Executive Director, but then, after a wide search, finding a different, but equally admirable (and energetic) one. One

who's got 100 ideas blooming, and not only survived the pandemic "drought," but made sure we all did as well.

AND then...we MOVED...into nicely donated (thanks Insight Development) and wonderfully renovated offices (thanks to current Board President Tama Duffy Day). AND then we moved from one computer system (Helpless Village?) to Helpful Village—a simpler one—really! Okay, those first few months were a bit thorny, but now that we've gotten used to it, I think its blooming nicely—and certainly tracks many of the facts and figures that help Judy Berman and the Board (which we've expanded to 18 people) understand where we are as an organization.

We have had tremendous success finding capable people willing to spend the hours required to oversee this garden of ours. I continue to be so grateful to have been able to serve with such interesting and dedicated folks. It's a Board that worked hard to get a new strategic plan to carry us through

the next five years setting some big goals. And then both members and the Board really dug in to undertake the reflection and "soil improvement" needed to enhance, or perhaps add, social justice efforts to our garden (and our Strategic Plan).

Of course, during this time, we've had some great Galas. That's how I first became involved with the Village—as a volunteer helping to plan Galas. I've enjoyed the planning process even more than the Gala itself. It's that social interaction that is at the core of so many of the things that the Village does, and which really is one of its greatest benefits. (Okay, another big benefit is the helpful staff. Jeesh—how do they stay so cheerful with all we ask of them?) One change made with the Gala has been to run the auction on-line, which allowed a lot more folks to get a chance at winning those gift certificates or time at one of those vacation houses.

The next Gala is coming up April 20, and the auction has already started! Please take a look at the auction items and also think about coming to the Gala—even invite a neighbor who might like to see what fun the Village can be. Buy tickets and check out the auction at: <http://bidpal.net/chvgala>.

Once "retired" from the Board, I'll take more advantage of all the activities blooming in this Village garden (even as peripatetic as Louise & I are now). What a full calendar. AND all the lovely Affinity Group "rose bushes"—a special bloom for every taste (or 3 or 4). We postponed joining for far too long—using that bad "we don't need it yet" logic. Before we need it is exactly when folks should join—it's when we meet the new folks who'll help keep us engaged and up-to-date on the info that will help keep us healthy.

So, I hope you'll tell your neighbors not to wait but to "wake up and smell the roses now"—by coming into the Village's garden. I'm glad I did.

## Congratulations to Lula Thomas!

Congratulations are in order for Capitol Hill Village member Lula Thomas on publication of her memoir, *Worth the Wait: The Life of Lula Thomas*. She recently had a book signing at Denny's and made an appearance at Solid State Books.

Lula dictated the first three chapters to **Pamela Johnson**, CHV's Peer Health Outreach Specialist, who edited them, saying "I admire her willingness to share the good, the bad, and the ugly aspects of her life story."

Then, while going to a medical appointment, Lula met Acacia Herndon, a CHV volunteer driver. They hit it off, and Acacia helped with writing and editing to finish the book, which is a series of life recollections.

"This experience was an example of how two generations can lift each other up. Lula left a legacy gift, while I had a chance to make a difference in someone's life and encourage the readers to embrace intergenerational connection," Acacia said.

The book is available through Amazon as the Kindle Version, and the paperback version is available for sale directly from Lula by calling her at 202-276-4552.

The next exciting chapter for Lula is a "book tour," starting with a trip to North Carolina for a radio interview to discuss the memoir and inspire teens to stay in school.

"I didn't know the reach of this book would go so far," Lula observed. (See photo on page 1.)

# 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 8. Barbara Fahs Charles: Carouselles in America**



**Barbara Fahs Charles**

The chance rental of an apartment above the merry-go-round on the Santa Monica Pier in 1968 launched Barbara Fahs Charles' interest in the history of American

carousels (originally spelled carouselles) and in their preservation as whole operating machines that everyone can enjoy. Her illustrated talk will show the evolution of American carousels from the late 18th century through their heyday at the turn of the 20th century to the community-carved carousels of today.



**The Monarch Park Carousel Lion at Edgewater Park, Detroit, Michigan.**

Barbara Fahs Charles is a nationally and internationally known museum designer. Among her many credits, some executed with her late partner Robert Staples, are the principal design for the bicentennial exhibition at the U.S. National Archives and the inaugural exhibit of the Liberation War Museum in Dhaka, Bangladesh.

## **May 6. Linda J. Young: As AI goes, Where Goes its Use in Government Programs?**



**Linda J. Young**

With the recent releases of an artificial voice of President Biden telling people not to vote in New Hampshire and artificially generated nude photographs of entertainer Taylor Swift, the impact of AI on our lives is becoming ever clearer. Linda J. Young is chief mathematical statistician and director of Research and Development for the U.S. Department of Agriculture's National Agricultural Statistics Service and she chairs a group of representatives from federal agencies that is developing a series of webinars on the use of artificial intelligence in federal programs. For those of us in Capitol Hill Village, her expertise will help bring these federal initiatives out of the shadows and give us a hint of what we can expect in the future.

Prior to joining USDA, Linda Young served on the faculties of three land grant universities: Oklahoma State University, University of Nebraska, and University of Florida. She has three books and more than 100 publications in over 50 journals, constituting a mixture of statistics and subject-matter journals. She is a fellow of the American Statistical Association and of the American Association for the Advancement of Science, and an elected member of the International Statistical Institute.

## **June 3. Tommy Wells: As We Live and Breathe in an Urban Environment**

After a government career in which he advocated for a livable, walkable city, Tommy Wells is now a private citizen with a renewed interest in

the opportunities for frank and open discussions about the urban environment. He will help us sort through the extensive and varied opinions about the changes that need to be made to protect the milieu in which we live and breathe.

A native Texan, Tommy Wells came



**Tommy Wells**

to Washington in 1985 and worked in DC's child protective services agency. He turned to elective office, serving as an ANC member,

a member of the DC Board of Education, and two terms on the DC Council. After a run for mayor, he accepted appointments in the Bowser administration and—importantly for this talk—served for eight years as director of the DC Department of Energy and Environment where he was chiefly responsible for protecting the environment and conserving the natural resources of the District of Columbia.

*Village Voices programs are from 7:00–8:00 p.m. on Zoom. Details for accessing the programs will be provided when people register for the event at [capitolhillvillage.org](https://capitolhillvillage.org) or at [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org).*

## **Access to Past Programs**

If you missed a Village program, most are available on the CHV YouTube Channel. [Go to the CHV Channel on YouTube](#) to access CHV programming including Voices, District Dialogues, Symposia, and other videos. You can also subscribe to the channel.

# New Membership Structure and Fees, *continued from page 1*

focus group report), and reached the following conclusions:

- The overwhelming reason why members support CHV is its focus on **COMMUNITY**.
- The Membership Committee needed to modify the inequity of having two types of membership (social versus regular membership), both costing the same but with vastly different benefits. Consequently, CHV is establishing **two tiers of membership**, clearly differentiated with different fees and different benefits. To make these distinctions clear, we are also renaming these two categories as **Membership and Membership Plus**.
- The Membership Committee also grappled with the concept of equity as

**CHV Strategic Plan Goal 7:** To increase and diversify our membership so that we better serve our community.

**Objective 7.2:** To offer a mix of membership levels and fees with a focus on value and affordability

it relates to individual versus household memberships. An individual member pays a disproportionately higher membership fee (\$625/year) than does an individual within a household (\$462.50 on a per-person basis for a typical two-person household).

Hence, the decision was made on the basis of equity to **shift all membership rates to an individual-basis and no longer discount households**.

Additionally, the decision was made to **reduce the cost of Membership** (formerly “social membership”) to a lower rate but **keep the individual rate for Membership Plus the same** (Note: CHV will continue to offer Subsidized and Urgent Membership for those needing them.)

Capitol Hill Village is dedicated to increasing **diversity**. In addition to increasing racial, ethnic, gender, and LGBTQ+ diversity, the Membership Committee considered the issue of **age diversity**. The average age of CHV members in its early days was 65–70; it is now 75–80, with clear implications for CHV about sustaining the organization into the future, as well as ensuring that our aging population will still have access to care services to provide their all so important and needed services.

The easiest way to see these changes is through the charts at left. These charts reflect the changes proposed by the Membership Committee and adopted by the CHV Board.

## A Final Word

CHV acknowledges that change can be unsettling, and we may be taking a risk in making these changes. But we are hopeful — even convinced — that you will continue to see membership as the incredible value that it is: bringing you into a vibrant community offering meaningful connections and support for today as well as into the future.

A list of answers to Frequently Asked Questions regarding the new Memberships can be found on page 7. If you still have questions, please reach out to the CHV office.

Let’s continue to make Capitol Hill Village one of the best things going for a long and happy life on Capitol Hill! And with these changes in mind, let’s now go out and ensure that our April Membership Drive (see details on page 7) is the best it can be!

Current Structure: Membership Type	NEW Structure: Membership Tiers
Social	Membership/Members
Regular	Membership Plus/Members Plus

Current Benefits: Social Members	NEW Benefits: Members
25+ Affinity Groups	25+ Affinity Groups
Programs and Events	Programs and Events <i>Goodwill and Hazmat pick-ups</i> <i>Vetted Vendors</i> <i>Volunteer-provided services</i> <i>Care Services on a fee-for-service basis</i>

Current Benefits: Regular Members	NEW Benefits: Members Plus
ALL social membership benefits, PLUS:	ALL membership benefits, PLUS:
Care Services <i>Goodwill and Hazmat pick-ups</i> <i>Vetted Vendors</i> <i>Volunteer-provided services</i>	Care Services

Current Fees	NEW Fees
Social Individual . . . . . \$625	Membership . . . . . \$405
Social Household . . . . . \$925	Household Membership . . . . . \$810
Regular Individual . . . . . \$625	Membership Plus . . . . . \$625
Regular Household . . . . . \$925	Household Membership Plus . . . \$1,250

# Spring Membership Drive

The membership changes on page 6 will be reflected in the Spring Membership Drive, which has three prongs and a goal of 75 new members.

## 1. Table at Eastern Market on weekends from 10 a.m.–2 p.m. during the month of April.

CHV has reserved space for a table at Eastern Market on weekends throughout the month of April, and is actively seeking volunteers (Board Members, Members, and Volunteers) to staff the table. (Contact Jenna Jones at 202-543-1778 to sign up). The table will have handouts on CHV (all with QR codes), sign-up sheets for prospective members, a raffle wheel for gifts for those who sign up, and a laptop to access a short video on CHV as well as the CHV website and Helpful Village

events listings, etc. To the best of our collective knowledge, **this is the first ever CHV Membership Drive!**

2. **A series of presentations on Capitol Hill Village at local venues to reach out to those Capitol Hill residents who are unlikely to visit Eastern Market on a weekend**, such as the DC Resource Center at 500 K Street NE, the Rosedale Recreation Center, the Northeast Library, etc. Please sign up to help with these presentations.
3. **And the third pillar of our Membership Drive is to ask you** — our members, volunteers, and friends — to help us identify and recruit prospective members through your circle of friends, neighbors, and acquaintances. All of us know someone — a neighbor or a

friend — who would be a wonderful candidate for membership. Reach out to them, recruit them, or pass their information onto the CHV office (Mary Bloodworth) or to the Membership Committee (Cynthia Whittlesey) for follow up. CHV thanks you!

And while we're talking about volunteering, the Membership Committee (a committee of the Board) would love your input as well. Volunteer to be on the Membership Committee. We meet monthly, and once the Membership Drive has wrapped up we'll start looking at other areas of interest to members. Help us shape those discussions. (Contact Cynthia Whittlesey if you are interested in joining the Membership Committee.)

## CHV Membership and Fees FAQs

**QUESTION: Social membership was tax deductible, and that was an attractive part of it for many social members. Under the new membership structure, will any membership fees be tax deductible?**

**ANSWER:** We are seeking advice from a tax attorney and will share that when we receive it. In the meantime, we advise all members to consult with their own tax advisor.

**QUESTION: I believe I am a good candidate for Membership, but I believe my spouse is a good candidate for Membership Plus? Can we mix and match memberships?**

**Answer:** We don't recommend it, but it is possible. You will have to join as individuals, not as a household, which means you will be billed separately, and all communications will go to you as individuals. If one payment is delayed, you could end up with different renewal dates, etc. Depending on how you manage your household, this may open room for error and misunderstandings.

**QUESTION: What are the care services that Membership Plus offers?**

**ANSWER:** CHV's Care Services team is led by a licensed clinical social worker and provides both individualized resources and referrals as well as ongoing support. Here are just some of the ways that Care Services helps CHV Members:

- Planning (e.g., prepare for upcoming medical procedures; create goals to succeed at aging in community; support getting final documents in order; apply or recertify for public benefits; finding answers to health insurance questions);
- Preventive Health (e.g., resources for assessment and evaluation of home safety; fall prevention strategies; connection to CHV programming, like Village Connections, that can support wellness and engagement);
- Care (e.g., hospital transitions back home or to a rehab facility; assistance with mobility, hearing,

memory, vision, or other sensory changes; facilitate difficult discussions; support families and caregivers; grief support and referral; mental health support and referral; short term case management to support life transitions; facility referral and coordination; LGBTQ aging resources and support; scam or fraud protection and response).

**QUESTION: If I join as a Member and need Care Services, can I change my membership?**

**ANSWER:** Membership is based on an annual calendar. You may change your membership type when your membership is up for renewal. If you join as a Member and need Care Services, you will be asked to pay on a fee-for-service basis. Those fees have not been finalized but will be based on the prevailing rate for social work services in our area. We will have an annual cap on the amount you will be charged but that amount was not set at the time of publication.



New to the Village or never been to the Gala? This is an annual event, providing a setting for people to have fun, chat with members and friends of CHV, and meet new folks.

After you enter St. Mark's, pick up a program book and maybe an hors d'oeuvres and a drink. Further inside, you will find more food stations and bars, signup sheets for Salon Dinners, and tables and chairs if you want to have a seat. Captain Dave Wilbur will be spinning records from the 50's, 60's and 70's and dancing is not out of the question.

There's something for everyone at the CHV Gala. Chat with new and old friends from the Village and the community. Dance—or just listen—to songs of the 50's, 60's and 70's Challenge yourself and your friends in trivia games on music, sports, fashion, news, and technology. Retreat to a quiet area for conversation. Salute our sponsors and volunteers.

### It will be a Memorable Evening

Memories tables, filled with displays of memorabilia from the 50's, 60's, and 70's, are designed to spur memories of yourself during that period—or your knowledge of history if you're too young to remember them.

At the music table, see if you can match the lyric with the album. The fashion table will have an array of trendy faddish items that you can don for picture taking. At the technology table, the array of new inventions through those years may make you think of others. Vote for which advancements you feel were the most important.

At the news table you can look at some old clippings, books, and lists of events. Many important movements started in those years; perhaps you took part in one or more (civil rights, women's

movement, peace corps, gay rights, anti-war movement, disability rights). At the sports table, spin the wheel to get a question about a sports hero from that era.

The idea will be to collect a star at each table and put yourself in the running for prizes.

### Come One, Come All

Wondering if you will have a good time if you come solo? Rest assured, many people arrive solo, and there will be something for everyone. Some people will be dancing, others will be listening to the music, others will find a quiet area to chat with friends, some will be discussing and bidding on Salon Events, and others will be playing "name that tune" and answering trivia questions at the Memories tables. You're guaranteed to have someone to talk to!

### Salon Events

The Gala will be the first chance to sign up for a Salon event with a host of distinguished Washingtonians to choose from. A limited number of seats are available for each salon, which will be in an intimate setting in the home of a neighbor. There's no limit to the number of Salons that you can sign up for. Remember, it's for a good cause.

Here are the Salon guests at press-time; more may be added before the Gala.

- Ward 3 Council Member **Matt Frumin**
- Captain **Dave Wilbur**; our Gala DJ, will share his story of life on the sea.
- **Timothy O'Leary**, general director of the Kennedy Center's Washington National Opera. A recent *Washington Post* story celebrated his leadership.
- **John Kelly**. Before retiring in January, Kelly wrote about the



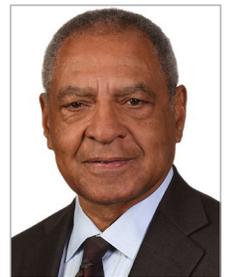
Laura Brower Hagood



John Kelly



Dr. Michael Witmore



Amb. George Moose

hidden treasures of the Washington area in *The Washington Post* Metro section.

- **Dr. Michael Witmore**, finishing a 13-year stint as Director of the Folger Shakespeare Library
- **Ambassador George Moose**, chair of the board of directors of the U.S. Institute of Peace and former Assistant Secretary of State for African Affairs
- **Carl Hulse**, Washington correspondent for *The New York Times*
- **Laura Brower Hagood**, ED of the DC History Center whose initiatives include an effort to teach DC school teachers about local history.
- **Mark Sherman**, Associated Press reporter at the Supreme Court
- **Don Kohn**, former Vice Chair of the Federal Reserve
- **Ambassador Richard Hoagland**, Central Asia in the spotlight.
- **Nan Raphael**, retired from the U.S. Army Band, presents a flute and piccolo concert

▶ continued on page 9

# Oh What a Night! continued from page 6

## The Online Silent Auction is Open Now

Bidding opens April 1 in the on-line silent auction. Check it out at <http://bidpal.net/chvgala>. Please note that the **bidding will close April 21**, so don't miss out!

- **Bob Levey**, author and former Washington Post columnist
- **Marcy Norton**, historian; how did colonialism shape the Americas.

### Vacation Homes

No matter where you want to go—or if you just need some lodging in Washington—there is a good chance you can find it in the auction. Whether you like the sea or the mountains, north or south, east or west—it's all



there—Vermont; Philadelphia; Dewey Beach; Rehoboth; Puerto Rico; Maine; Huntington Beach, CA; Denver; Anna Maria Island, FL; Rappahannock County, VA; and St. Michaels, MD.

### Gift Certificates

**Everyone needs to eat!** Check out listings for popular Capitol Hill restaurants—Bistro Cacao, Caruso's Grocery, Tunnicliffs, Lavagna, Jimmy T's, Pacci's Trattoria, Ruta, Joselito, and more.

### Something for Everyone!

Bid on tickets for some of DC's favorite theaters—Signature, Shakespeare Theater Company, Chesapeake Shakespeare Theater, Theater Alliance, Theater J, St. Mark's Players.

Coupons from some of **Capitol Hill's favorite businesses**—Hill's Kitchen, Paris Bleu, Groovy DC Cards and Gifts, Woven History, East City Bookshop, Atlas Doghouse, Beaming Salon, Pure Barre, and the Newman Gallery.

At Congressional Cemetery, bid on tickets for the Cemetery's Prohibition Event and also a Sunday Picnic. At the other end of Capitol Hill, check out the personal tour of the Library of Congress.

There is a cruise for 20 on the Anacostia; Nationals tickets, and suite tickets for the Sept. 25 Electric Light Orchestra (ELO) concert. Plus, we have handmade items, wine, and much more.

## Thanks to Our Generous Sponsors\*

### IMPRESARIO

**JEANNE**  
**PHIL**  
**MEG**  
**COMPASS**

### SUPERSTAR

**NJB**  
NATIONAL CAPITAL BANK

**Yarmouth Management**  
Your rental source on Capitol Hill since 1981

### ROCKSTAR

  
Capitol Hill Dentistry  
Babak Noohi, DDS, MS

**GARY + MICHAEL**  
real estate team

ESTD 1867  
**-GRUBB'S-**  
PHARMACY  
CAPITOL HILL



the  
Lockwood

  
LINDA PETTIE  
COLDWELL BANKER | REALTY

**LTF**  
LOGAN  
TITLE

**SCHNEIDER'S**

### GRAMMY AWARD WINNER

 COLDWELL BANKER  
Chuck Burger

**FS**  
FIRST SAVINGS  
MORTGAGE  
THE COX TEAM

GEORGETOWN  
HOME CARE  
THE KEY TO STAYING HOME

  
Goodwin  
Living

**HillRag**

MISRA LAW PLLC  
QUALITY. INTEGRITY. EFFICIENCY.

  
Loots Law

THE RESIDENCES AT  
EASTERN MARKET

**TOWER**  
RADIOLOGY

  
Tech  
Painting  
Co.

### FAN

Cecilia Albert • Bruce Brennan • Tama Duffy & Michael Day • Nancy Deck & Michael Gross • Lee Reno • John & Susan Sedgewick • East Capitol Dental • Ginkgo Gardens • Dr. Nissan Halim, DMD • Heritage Foundation • Jair Lynch Real Estate • Smithlife Homecare

\* Sponsors at press time

# Don Heffernan: Problem-Solving Volunteer

By Dan Bailes

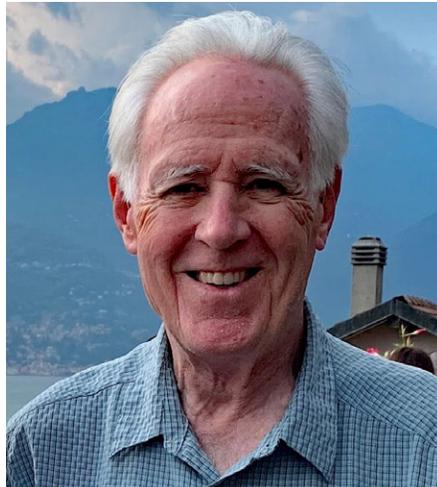
Some people see a computer as a one-eyed monster. Well, Don Heffernan thinks PCs are fun. Introducing one of Capitol Hill Village's tech gurus and all-around nice guy.

Don and his wife, Barbara, joined CHV shortly after it launched in 2007. "I thought it was a great idea from the moment I read about it in *The Washington Post*," he said.

They have lived on the Hill since 1982 and hoped to find a way to age gracefully in their home. CHV sounded ideal. Plus, it offered a strong sense of community and a chance to get involved. Early on Don started volunteering, specializing in bringing cranky computers back to life.

Don was fascinated by computers early on, starting when they were first introduced at the General Services Administration where he worked. He was in Human Resources, but "hooked on the Internet and one of the first people he knew to make their own web site." He believed the Internet would be transformative and transitioned from HR to spend his last 10 years managing computers and tech.

Don retired early and did some consulting, but soon decided to focus



on helping others as a volunteer. He describes himself as "self-taught," which means graduating from the school of trial and error. But the traits that make him well-suited to reviving ailing PCs are curiosity, a deep well of patience, and a love for solving problems.

He says he finds volunteering quite rewarding. "I probably get more out of it than the people I help. And I've met some fantastic people!" Plus, it's a good feeling when he's been able to bring a member's lifeless computer and tech back to the land of the living.

More than once, he has resuscitated an author's lifeless computer when they were in the middle of writing a book. "These were people older than me who

were still working!" He remembers one woman "probably more tech-savvy than me" who was using special dictation software to write her book. But the software, which was new to him, had shut down. What might have made another person anxious in dealing with the unknown was just another problem to solve for Don. And together they were able to get it working again.

While he finds computers fascinating, he does not hold the same feeling for printers. "There's nothing more frustrating than trying to get a dead printer up and running." He's not crazy about Apple computers either. As a PC guy, they're more of a struggle than his idea of fun.

What does he do for fun? He loves bicycling, and this year he and his wife are going to ride their bikes through Holland for tulip season. The most surprising thing about him? He says he's the only guy he knows at age 75 who can do 10 pullups in quick succession. Talk about staying fit! But his deepest love is for his family. Fortunately, his son and daughter live in the area so he and his wife get to see them and the grandkids all the time.

And then there's his fascination with Deep Space Astro Photography. He discovered a network of people who have very sophisticated telescopes sited in "dark sky areas" of the country. He rents time on their telescopes via the Internet to take photographs of nebulae, galaxies and other star systems. And he's taught himself an editing software to create a short animation showcasing his celestial images.

Don says he often has a short attention span. Still, it's easy and fun for him to spend hours staring at screens trying to solve a problem or in pursuit of his latest fascination with all things tech.

You can view a video of Don's Astro Photos [here](#). Read more about stargazing through his backyard telescope in the [December 2022 CHV News](#).

## Men: Do you Have Something to Say About Masculinity?

A doctoral candidate in clinical psychology at West Virginia University would like to connect with men aged 65 and older as part of research for his dissertation project on masculinity.

Montgomery Owsiany explained that masculinity research largely ignores the experiences of older men, and he hopes to shed more light on how masculinity may change with age. The first step is a 10-minute survey. A staff member from WVU will follow-up via email if you qualify for the 45-minute interview conducted

virtually on Zoom in which he will ask men about their beliefs on masculinity. At the end of the study, participants will be compensated \$20.

To access the survey, email [MasculinityAndAging@gmail.com](mailto:MasculinityAndAging@gmail.com) or scan the QR code. You may also contact Montgomery at 586-360-0024 or [mto00003@mix.wvu.edu](mailto:mto00003@mix.wvu.edu).

*Note: This initiative is not associated with Capitol Hill Village. We have obtained a copy of the IRB information letter, if anyone would like to see it.*



# Hear about Hearing: Wellness Café

The Wellness Café on April 11 will focus on helpful hints when dealing with hearing loss. A lot of ground will be covered:

- The demographics of hearing loss (it's more common than generally realized, and both prevalence and severity increase with age);
- The importance of recognizing, acknowledging, and acting on hearing loss—staying engaged, and avoiding isolation, loneliness, and several health matters (including, but not limited to, cognitive problems) associated with untreated hearing loss;
- Tips on different hearing aids, both over-the-counter and prescription, and learn about hearing assistive and alerting technology;
- Information and resources on financial support and support organizations.

The event will be from 10:00 to 11:30 a.m. at The Townhomes of Capitol Hill, at 750 Sixth St. SE.

The speaker will be **Russell Misheloff**, past president of the Hearing Loss Association of America—DC area



chapter, who currently serves on the chapter's Executive Board. The chapter provides support to members and information on

communication strategies and hearing assistive technology as well as outreach and advocacy services for those living with hearing loss. For that purpose, Russ keeps current on new technology; the social, professional, health, and psychological implications of hearing loss; and personal strategies that enable hard-of-hearing people to live full and rewarding lives.

Russell's hearing loss dates from the 90's and is of unknown origin (although doctors have speculated that it may be related to his treatment for childhood ear infections with x-ray and radium). Like many others, he ignored and denied his hearing loss for years until it became severe enough to threaten his ability to continue to function professionally and socially. At that point, he was evaluated and received hearing aids. After further deterioration in his hearing, especially in his right ear, he received a cochlear implant.

Russ has bachelor's and master's degrees in economics respectively from the University of Michigan and the American University, and a master's in international relations from the University of Pennsylvania. He also holds a certificate of completion in a Gallaudet University program designed to empower hearing loss peer mentors.

## Baking

By Norman Metzger

I bake at least twice a year. At Christmas time, when I bake Dresdner Stollen aka German Christmas Bread and at various times during the year when a true emergency looms: I run out of home-baked biscuits for our son's dog.

What is especially notable about these events is that both are closely monitored (and tasted, of course) by interested parties. The official—and self-appointed—Stollen taster was my mother, who after tasting the newly-baked Stollen always pronounced



the same judgment—*Not enough butter!* Finally (!), after repeated buttery failures, she declared herself satisfied that the current batch met her standards.

“Batch” is the operative term, since each year 12 loaves of Stollen are baked, for consumption at home and also as gifts for nearby friends. It's a day-long job, made much easier by our son, who contributes the all-important “punch down” of the massive bolus of dough (it is a yeast bread) and also rolls out the dough. There is an anxious moment in this—that being the outside temperature. Too warm and the dough rises too fast—40 degrees, by our experience, being about right.

Yes, to answer the obvious question: While our oven is quite capacious, for most purposes it is not at all suitable for 12 loaves of Stollen. (The recipe for Stollen varies depending on region,

family histories, and more. If you wish, I can send you a copy of the very spattered page with the recipe—[normanmetzger@gmail.com](mailto:normanmetzger@gmail.com).)

Now the dog biscuits. For simplicity's sake, here is the recipe:

- 2 1/2 cups whole wheat flour
- 1/2 tsp. baking powder
- 1 cup natural peanut butter
- 1 cup water
- 2 T. honey
- 1 egg



Of course, you can vary the amounts, depending on your ambition. And the dog's size. After all, a Chihuahua has less capacity than, say, a Great Dane. Your call. Now, the real, very unbiased test. Give your dog a biscuit. If it keels over, uh-oh. If it comes back for more, success (although restraint on your part is advised).

Good baking!

## LGBTQ CORNER

# LGBT Resource Roundup

By Sophia Ross



Sophia Ross

Resources are the tools that help us navigate life's challenges, big or small. We're proud to provide a valuable resource to CHV members—our dedicated Care Services team.

Alex, Arie, Elizabeth, and Meghan are the heart of this team, offering guidance and support. For this month's LGBT Corner, we are highlighting a few of the amazing local and on-demand resources available to LGBT+ older adults. You can reach out to the Care Services team if you have any further questions about these resources.



**We refuse to be invisible®**

### SAGE (Advocacy and Services for LGBTQ+ Elders)

Founded in 1978, SAGE is the largest national organization focused on providing services and resources to LGBT+ older adults and caregivers. SAGE also has five physical centers in New York City focused on LGBT+ older adults. We chose to highlight three tools from SAGE that can be accessed by any older adult: SAGE Cents, SAGE x Hear Me, and SAGECare.

SAGE Cents is a free on-line program that provides curated resources, tools, and information to help LGBT+ older adults make financial decisions. SAGE also collaborated with HearMe to provide on-demand mental wellness support with trained empathetic listeners. This is a free service and requires registration to download the app. SAGECare is a cultural competency training program and database to search for senior living communities and aging

providers that have participated in SAGECare training.

Access SAGE's services at: <https://www.sageusa.org/>

### The National Resource Center on LGBTQ+ Aging

The National Resource Center on LGBTQ+ Aging is a program of SAGE and was established in 2010. The National Resource Center on LGBTQ+ Aging is a unique resource because it is a one-of-a-kind virtual on-line database centered on the needs of LGBT+ older adults. From financial security to end of life planning, the National Resource Center on LGBTQ+ Aging is full of valuable information. Resources are categorized by subject, audience, and resource type, and can be further sorted by date or title. You have access to recordings, guides, information on local organizations, fact sheets, and other aging resources.

Access the National Resource Center on LGBTQ+ Aging website at: <https://www.lgbtagingcenter.org/>

### GLMA (GLMA: Health Professionals Advancing LGBTQ+ Equality)

GLMA is "committed to ensuring health equity for LGBTQ+ communities and equality for LGBTQ+ health professionals in their work and learning environments." GLMA is a co-developer of the LGBTQ+ Healthcare Directory, a free searchable database of medical professionals and healthcare providers who are knowledgeable and sensitive to the unique health needs of LGBT+ folks. The profiles are created voluntarily and are not individually screened or verified at sign-up.



GLMA Healthcare Directory is at: <https://lgbtqhealthcaredirectory.org/>

### The DC Mayor's Office of LGBTQ Affairs

The Mayor's Office of LGBTQ Affairs is part of the Mayor's Office of Community Affairs. The Office focuses on connecting residents with resources, advocating for policies and programs that directly influence LGBT+ residents, hosting events, and awarding grants. The Mayor's Office of LGBTQ Affairs also manages a digital directory of LGBT+ resources in DC, which can be accessed via their [website](https://communityaffairs.dc.gov/molgbtqa).

The Mayor's Office of LGBTQ Affairs Website: <https://communityaffairs.dc.gov/molgbtqa>



### The DC LGBTQ+ Community Center

The origins of an LGBT center in DC stretch back to 1972, but the DC Center as we know it today was established in 2002. The DC LGBTQ+ Community Center focuses on supporting and connecting LGBT+ individuals and focuses on four core areas: health and wellness, arts and culture, social and peer support, and advocacy and community building. The DC Center hosts regular events, peer support groups, cultural festivals, advocacy groups, and more. The Center's aging group hosts weekly and special events throughout the year.

The DC LGBTQ+ Community Center Website: <https://thedccenter.org/>

# Medicare: Recent and Upcoming Changes

The new year brought some small but important changes for Medicare beneficiaries, with mixed impacts on your wallets. Under a 2022 law, older Americans reaped the benefits of Medicare reforms aiming to reduce the cost of prescription medications, and beneficiaries will continue to benefit from those reforms in 2024. With that said, it's important to be aware of likely increased premiums and deductibles for care.

Some of you may have noticed your **premium and deductible went up in January**. This reflects slight changes in premiums and an increase in deductibles for Part A. For Part B, there have been increases in premiums that impact high-income earners. For Part D, a new law introduced a "Catastrophic Cap" on spending for Part D plan members to address extremely high prescription costs. When beneficiaries reach this "Catastrophic Cap," they are no longer required to pay a 5 percent copay. In addition, the new law expands eligibility for the Extra Help program, which supports people with incomes at 150 percent or less of the federal poverty level.

The popularity of Medicare Advantage (MA), also known as Medicare Part C, has meant more older adults are experiencing the benefits and drawbacks of the program. For CHV members enrolled in MA plans, there are several major changes occurring. The Centers for Medicare & Medicaid Services (CMS) will begin to require providers of MA plans to pay a standard commission to brokers and insurance agents working to sign up people for MA plans. This regulation is an attempt to disincentivize brokers and agents from steering clients toward plans where they might be paid more rather than focusing on the needs of their clients. In addition, CMS has restricted how MA plans can advertise in order to address fears that plans sometimes overpromise and underdeliver.

## A Primer for Medicare Parts A-D

There are four parts to the Medicare insurance program. **Part A** refers to coverage for inpatient hospitalization care, skilled nursing facility care, hospice care, and some home health care services. The majority of Medicare enrollees do not pay for Part A.

**Part B** refers to coverage for most doctors' visits, outpatient care, medical supplies, and preventative services. Most beneficiaries of Part B are required to pay a monthly premium dependent on their income.

**Part C** refers to Medicare Advantage (MA), which is an optional component and an alternative to the Original Medicare (Parts A and B). Part C operates through private insurance plans approved by Medicare that must cover at least the same benefits as Original Medicare. Part C plans also offer additional benefits in most cases such as coverage for vision, dental, and prescription medications. MA beneficiaries are still required to pay the Part B premium (but it is often covered by the plan) and may be required to pay additional premiums for Part C coverage.

**Part D** refers to coverage for prescription drugs.



One major change under consideration for implementation at mid-year would require MA plans to notify enrollees of all extra benefits afforded them by their plan that they have not yet taken advantage of, such as a gym membership or transportation to non-emergency medical appointments. This proposed regulation seeks to assure that patients are using the benefits that attracted them to the plan in the first place.

Finally, another CMS reform expands access to behavioral health benefits by making it easier for providers to meet the requirements necessary to accept MA enrollees. This means a much greater number of providers can qualify to see MA patients, including mental health counselors and marriage and family therapists.

For members who are original Medicare beneficiaries (Parts A and

B), CMS is putting in place several initiatives with the goal to improve care coordination. One initiative will train family caregivers in best practices. Another will reimburse providers for the navigation of complex health cases. To offset an increase in premiums, beneficiaries will see an expansion of who qualifies for the Extra Help program, limits to out-of-pocket costs for high medication expenses, and other changes to Part D.

These are just some of the changes that enhance affordability, accessibility, and coordination for Medicare recipients. To learn more, visit AARP.

# Capitol Hill Then and Now

By Dominic Elliott

In September of 1963, Bob Dylan wrote a few words in his notebook: “Come senators, congressmen, please heed the call.” This line was the catalyst to arguably Dylan’s most famous anthem, “The Times They Are a-Changin’.” Only a few weeks before Dylan penned those poetic lyrics, Dr. Martin Luther King, Jr. delivered his monumental “I Have a Dream” speech at the Lincoln Memorial in front of a crowd of thousands. A couple of months later, President John F. Kennedy would be assassinated in Dallas, Texas. Sixty years later social changes continue to impact the landscape and population of the Hill, as eras come and go.

Most non-Washingtonians would think of the Capitol Hill neighborhood as a place where those senators and congressmen reside during their tenures on the Hill. For those native to Washington, they know that this is a false perception; most of our Village members have a long, even multi-generational, history on Capitol Hill. Walking around our neighborhood our members can see its history as well as a glimpse into its future, foretold by construction projects. The once

desolate Navy Yard is now home to pricey condos, trendy restaurants, and, of course, major league baseball.



While Washington once was been affectionately called “Chocolate City,” to reflect the majority Black population,

there has been a shift in our racial demographics. In 1972, the city was majority Black with around 527,000 African American residents. Today, the number is closer to 303,000. Concurrently there has been an increase in the number of white residents, going from around 209,000 in 1972 to 311,000 in 2022. In Capitol Hill today, 62 percent of residents identify as white, 22 percent as African American, 8 percent as Hispanic, and 8 percent as a different race. Our members have witnessed quite a change in the population of our neighborhood!

I recently spoke with member **James Kennedy**, a CHV Board member and resident at the Capitol Hill Towers, about the changes he has witnessed. Mr. Kennedy came here from New York

in 1974, finding work at the United Planning Organization. As an African American, he was concerned about how many Black residents of Capitol Hill were impacted by discriminatory social policies. He noted that over time DC has changed demographically, partially through gentrification. James has seen Black residents getting “priced out” of DC, no longer able to afford living in the city and having to move to other areas, including Prince George’s County where housing is more affordable. Mr. Kennedy has observed that “Public housing was turned into luxury condos with little improvements to the building.”

It is easy to see what Mr. Kennedy is referring to while strolling down Independence or Pennsylvania Avenues, which cut through the heart of our Capitol Hill neighborhood. One could argue that the new pricey condos, shops, and restaurants have made the neighborhood more desirable, but the cost of housing has also risen. The monthly rent in newer Hill buildings often exceeds the general rule that only 30 percent of your income should go to rent. Now, gentrification has pushed up the housing costs so that residents must pay a larger percentage of their income to stay in the neighborhood they know and love, squeezing their budgets in other regards like food, medical care, and other living expenses.

Capitol Hill Village is supporting our members to “age in place”, all the while population changes continue on the Hill. The Village supports seniors to live in the community they know and love, regardless of income. While “The Times They Are a-Changin’”, the Village is here to support our members overall wellness and quality of life as you continue to thrive while living on the Hill. While some things change, let Capitol Hill Village be your ballast!



Three African American women singing and walking in a street in the Capitol Hill neighborhood, the day of the Million Man March in Washington, D.C. (Oct. 16, 1995). Library of Congress Prints and Photographs Division.

---

# April Events List

---

Monday, April 1, 3:00–4:00 p.m.

## Virtual Event: Taking Care of Yourself— A Group for Men

This is a discussion group for men to talk about self-care, especially but not exclusively as it relates to caring for others, such as a loved one with an illness or disability.

According to AARP, 40% of the family caregivers in this country are men, and men often have a different experience of caregiving than women, and may have a different relationship to the idea of self-care. This is a space for men to share their experiences and find support from other men.

This will be hosted by CHV Founder **Geoff Lewis**, and facilitated by **Tim Rogers**. Tim is certified in Somatic Integrity and has years of experience in group work, including as a volunteer for Dupont Circle Village.

*Open to all.*

---

Tuesday, April 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. 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](mailto:nancylee8891@gmail.com).

---

Saturday, April 6, 2:30–4:30 p.m.

Hill Center, 921 Pennsylvania Ave. Se

## Volunteer Capitol Hill

More than 30 local non-profit organizations—including Capitol Hill Village—will be present to share how you can help them meet their mission and find the right fit for your talents as we build a better community.

---

Monday, April 8, 7:00–8:00 p.m.



Barbara Fahs Charles

## Virtual Event: Voices— Barbara Fahs Charles: Carouselles in America

The chance rental of an apartment above the merry-go-round on the Santa Monica Pier launched Barbara Fahs Charles' interest in the history of

American carousels (originally spelled carouselles) and in their preservation as whole operating machines that everyone can enjoy.

See story on page 5.

---

Tuesday, April 9, 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.

*Open to all.*

---

Wednesday, April 10, 9:00–11:00 a.m.

Your Home

## Goodwill Pick-up

**NOTE: Signup deadline is 12:00 Noon, Wed., March 6**

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.*

---

Wednesday, April 10, 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.*

▶ continued on page 16

# April Events *continued from page 15*

Wednesday, April 10, 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 11, 10:30–11:30 a.m.

Capitol Hill Towers, 900 G St. NE

## Tech Training with Myles

A drop-in session that meets monthly at Capitol Hill Towers to answer questions about cell phones, tablets, and computers. A form of ID and face mask are required to enter the building.

*Members only.*



Thursday, April 11, 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.

*Open to all.*

Thursday, April 11, 5:30–7:00 p.m.

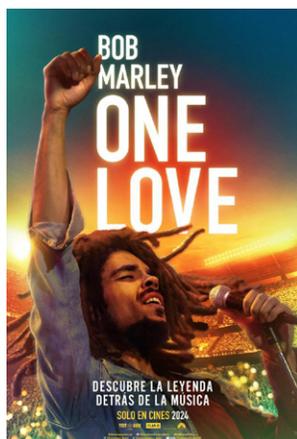
The Lockwood Conservatory, 1339 E St. SE

## Cinephiles

These films will be discussed:

- Jules and Jim (classic)
- ShayDa
- The Sound of Freedom
- Revolution on Canvas
- Perfect Days
- Bob Marley: One Love
- Taste of Things
- Io Capitano

*Members and volunteers.*



Friday, April 12, 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](mailto:info@capitolhillvillage.org) or call 202-543-1778.



*Open to all.*

Monday, April 15, 1:00 p.m.

Tunnichliff's, 222 Seventh St. SE

## Wyze Guyz

Join other men in an in-person, informal, Dutch-treat gathering at Eastern Market's favorite pub, Tunnichliffs, to get to know each other better and relax over tavern fare and good conversation.

*Members and volunteers.*

Monday, April 15, 3:00–4:00 p.m.

## Virtual Event: Taking Care of Yourself—A Group for Men

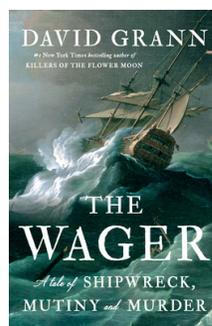
See the April 1 listing for details.

*Open to all.*

Tuesday, April 16, 4:30–6:00 p.m.

The Lockwood Conservatory, 1339 E St. SE

## Village Literary Club



**Note: Sign up by 4:30 p.m., April 16**

This month: *The Wager—A Tale of Shipwreck, Mutiny, and Murder*, by David Grann (327pp, 2023). Nonfiction.

From the author of *Killers of the Flower Moon*, a page-turning story of shipwreck, survival, and savagery, culminating in a court martial that reveals a shocking truth. The powerful narrative reveals the deeper meaning of the events on *The Wager*, showing that it was not only the captain and crew who ended up on trial, but the very idea of empire.

*Members and social members.*

▶ continued on page 17

---

# April Events *continued from page 16*

---

Tuesday, April 16, 6:00–7:15 p.m.

## Virtual Event: LGBTQ Social Hour

LGBTQ folks of all ages are invited to Capitol Hill Village's monthly LGBTQ Social Hour! Participants will come together to connect, combat isolation, and foster relationships.

For more information, contact Sophia at [sross@capitolhillvillage.org](mailto:sross@capitolhillvillage.org) or call 202-543-1778 x204. Our LGBTQ programs are funded by the DC Department of Aging and Community Living and are open to any DC resident.

---

Thursday, April 18, 9:00 a.m.–3:00 p.m.

Community Action Group, 124 15th St. SE

## AARP Smart Driver Course

Capitol Hill Village is hosting an AARP Smart Driver™ Course for CHV members. Refresh your driving skills, learn helpful techniques, and discover proven methods to help keep you and your loved ones safe on the road. The cost is \$20 for AARP members and \$25 for everyone else. Space is limited! To register call: 865-599-1632. More details here.

*Priority to Members.*

---

Thursday, April 18, 10:30 a.m.–2:30 p.m.

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

## CHV visit to the National Gallery of Art

Join other CHV members for a walk 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 12:30 p.m. we'll meet at the Cascade Cafe for lunch together, then walk back up the hill, or resume your own gallery viewing. (Note: it is not permitted to bring your own food into the museum.)



*Members.*

---

Thursday, April 18, 1:30–3:00 p.m.

## Virtual Event: Antiracism Reading Group

We will continue reading *Our Hidden Conversations* by Michele Norris.

“Peabody Award-winning journalist Michele Norris offers a transformative dialogue on race and identity in America,

unearthed through her decade-long work at The Race Card Project. The prompt seemed simple: “Race. Your Thoughts. Six Words. Please Send.” Since the beginning of this project over half a million people have submitted their stories to the Race Card Project inbox. The stories are shocking in their depth and candor, spanning the full spectrum of race, ethnicity, identity, and class.



Michele Norris

Our *Hidden Conversations* reminds us that even during times of great division—honesty, grace, and a willing ear can provide a bridge toward empathy and maybe understanding.” —Amazon

*Open to all.*

---

Saturday, April 20, 7:00–10:00 p.m.

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

## Oh What a Night! 2024 Capitol Hill Village Gala



Join us for a festive, music-filled evening to raise money for CHV. In addition to having a fun evening, attendees get the first chance to sign up for our popular Salon Events. Go to <http://bidpal.net/chvgala> to buy tickets and bid in the Online Auction. See details on pages 1, 8, and 9.

*Open to all.*

---

Wednesday, April 24, 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.*

---

Thursday, April 25, 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.

*Open to all.*

▶ continued on page 18

---

# April Events *continued from page 17*

Thursday, April 25, 3:00–4:00 p.m.

## Virtual Event: Parkinson's Support Group

See the April 9 listing for details.

*Open to all.*

---

Friday, April 26, 1:00–2:15 p.m.

## Virtual Event: LGBTQ Brain Health Support Group

See the April 12 listing for details.

*Open to all.*

---

Monday, April 29, 3:00–4:00 p.m.

## Virtual Event: Taking Care of Yourself— A Group for Men

See the April 1 listing for details.

*Open to all.*

---

Saturday May 4, 9:00 a.m.–12:00 p.m.

(Rain date: May 11)

Your Home



## Gardenpalooza

Capitol Hill Village volunteers are ready and willing to help you with some outdoor spring yard cleaning. Sign up, let us know what type of work needs to be done (weeding, pruning, planting, etc.), and we will match you with our team of green thumbs.

When you sign up, click the “Purchase Tickets” button, then select the option that applies to you (Member or Volunteer.) “Tickets” are free; this is just a way of identifying your specific needs.

*Members and volunteers.*

---

Monday, May 6, 7:00–8:00 p.m.

## Virtual Event: Voices—Linda J. Young: As AI goes, Where Goes its Use in Government Programs?



Linda J. Young

With the recent releases of an artificial voice of President Biden telling people not to vote in New Hampshire and artificially generated nude photographs of entertainer Taylor Swift, the impact of AI on our lives is becoming ever clearer. Linda J. Young is chief mathematical statistician and director of Research and Development for the U.S. Department of Agriculture's National Agricultural Statistics Service, and she chairs a group of representatives from federal agencies that is developing a series of webinars on the use of artificial intelligence in federal programs.

See story on page 5.

---

Tuesday, May 7, 11:00 a.m.–1:00 p.m.

Private Home

## Purls of Wisdom

See the April 12 listing for details. For more information, contact Nancy Lee at [nancylee8891@gmail.com](mailto:nancylee8891@gmail.com).

---

Wednesday, May 8, 12:00–2:00 p.m.

Community Room, Capitol Hill Towers, 900 G St. NE

## Get Your Groove On

See the April 10 listing for details.

*Members and volunteers.*

---

Wednesday, May 8, 2:00–4:00 p.m.

Private Home

## Poetry Readers

See the April 10 listing for details.

*Members and volunteers.*

▶ continued on page 19

### 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](mailto:info@capitolhillvillage.org) and request to be registered.

---

# 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](mailto:supportdesk@thedccenter.org) to get the Zoom link.

---

Mondays, 1:00 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](mailto:pcromwell23@gmail.com)



*Members and volunteers. Registration required.*

---

Mondays, 11:00 a.m.–12 Noon

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.

The Residences, 777 C St. SE, 6th Floor

## 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.

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. As long as the COVID threat level in DC remains low, masks are optional.

▶ continued on page 20

# Ongoing Events *continued from page 19*

## Second Wind Chorus *continued*

For more information about Second Wind Chorus and the upcoming term see: [secondwindchorusdc.com](http://secondwindchorusdc.com).

Tuesdays, 12 Noon–2:00 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.*

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, 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 Tunnickliff’s, 222 Seventh St. SE; and fourth Wednesday at Mr. Henry’s, 601 Pennsylvania Ave. SE. Contact CHV at [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org) to sign up.



Fridays, 11:30 a.m.–1:00 p.m.

The Residences, 777 C St. SE; 6th floor (door is near the entrance to the Trader Joe’s parking garage)

## Women’s Conversations and Connection Group

This is an opportunity to meet with CHV members and volunteers to make connections and friendships. It is open to all women, and when you arrive at the Residences, let the concierge know you are with Capitol Hill Village and going to the 6th floor meeting with CHV member **Jeety Kang**.



**Registration is encouraged.** But please attend whenever it works with your schedule. A light snack is provided, but additional snacks are appreciated.



*Members and volunteers.*

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](mailto:justin@thedccenter.org).

▶ continued on page 21

## Ongoing Events *continued from page 16*

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](mailto: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 Member Drive

**Capitol Hill Village's goal is recruitment of 75 new members during April Membership Drive.**

You can help the Village meet this ambitious goal and show your love and support for CHV and all that it does:

- Volunteer for—one or more—two-hour shifts to staff a table at Eastern Market from 10:00 a.m. to 2:00 p.m. on Saturdays and Sundays in April.
- Volunteer to help give presentations on CHV membership at neighborhood centers on Capitol Hill over the Spring.
- Ask friends or neighbors if they have considered joining CHV. Share your experiences with CHV and don't forget to mention the new lower price!

Contact **Mary Bloodworth** at the CHV Office or **Cynthia Whittlesey** ([cynthiawhittlesey@gmail.com](mailto:cynthiawhittlesey@gmail.com)) for more information and to sign up! See page 6 for more information.

## Registering for CHV Events

The Capitol Hill Village event calendar can be viewed at [capitolhill.helpfulvillage.com/events](http://capitolhill.helpfulvillage.com/events). CHV encourages registration for events so that we can update you on information about the event including meeting locations and information for accessing virtual events.

CHV uses Zoom for virtual events. You can access these with a smartphone, tablet, or computer. Please contact the CHV office if you have questions about connecting.



Members can register for all events either on the website at [capitolhill.helpfulvillage.com/events](http://capitolhill.helpfulvillage.com/events), by contacting the CHV Office at 202-543-1778, or emailing [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org). When you register for a virtual meeting, you will receive a confirmation that contains a CHV Zoom link or further instructions for accessing an external Zoom link. Let the CHV Office know if you do not receive a confirmation or reminder. At the meeting time, click on the link to join.

If you need assistance accessing the Helpful Village calendar, contact the CHV Office at 202-543-1778 or [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org).

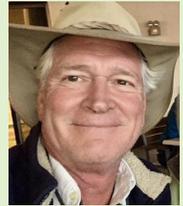


## It's here! CHV Gala activities go throughout April!

**April 1–21:** Bid in the on-line silent auction. Don't miss a chance for a wonderful vacation stay, gift certificates for local restaurants and businesses, services, sports and theater tickets, a case of wine, made-to-order items, and much more.

### **April 20, 7:00-10:00 p.m.: CHV Gala at St. Mark's Church, 301 A St. SE**

- Period dress is encouraged! Who kept their bell bottoms, nehru jackets, penny loafers, or leisure suits?
- First chance to sign up for Salon Events (see page 8 for Salon speakers at press time)
- **Captain Dave Wilbur** will be spinning tunes from the 50's, 60's, 70's for your dancing and listening pleasure. Captain Dave is also giving a Salon talk.
- Enjoy festive food and drink.
- Test your history knowledge at the Memories Tables: music, sports, news, technology, and fashion. Guests who collect the most points from the tables will win prizes!



DJ Dave Wilbur

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



Capitol Hill Village  
1355 E Street SE  
Washington, DC 20003