



VILLAGE NEWS



The January snowstorm created plenty of snow that required shoveling, and Capitol Hill Village answered the challenge. New volunteer Jack Montgomery and his son were among the 9 volunteers who helped clear sidewalks for 15 CHV member-households.

Stay Warm Under the Stars at the CHV Gala

While it has been unusually cold outside, plans are **heating up** for the annual Capitol Hill Village Gala March 15 at St. Mark's Church.

The Gala, along with the on-line auction and Salon Events, are important fundraising events that also provide members, volunteers and neighbors the chance to come together for fun and fellowship. For over 15 years, Capitol Hill Village has been a critical lifeline for older adults in our community, helping us stay healthy, engaged, independent, and thriving in an age-friendly environment. Together we can ensure this vital work continues.

★ **Salute the Stars**—members, volunteers, the community, and **yourself** who help older adults thrive in a vibrant, inclusive, and age-friendly community.

The on-line auction will be available for preview on Feb. 15, and open for

bidding on March 1. Here's what you will find:

- ★ **Gift certificates** for popular, and sometimes hard to get into, restaurants on Capitol Hill
- ★ **Tickets for live theater**—both the bigger venues and the little guys
- ★ Opportunities for **"experiences" and services**
- ★ **Vacation homes** from the mid-Atlantic to Puerto Rico and west to California.

Gala tickets are available now ([click here to purchase](#)), and Gala attendees will have first chance to purchase seats at the always-popular **Salon Events**, featuring prominent and interesting guest speakers.

Lots more details including the list of vacation homes that are offered, the lineup of Salon speakers, ticket buying details, and information on happenings at the Gala are inside. See pages 6–7.

Celebrate Black History at the Frederick Douglass House

Frederick Douglass is widely considered the father of the civil rights movement in the United States, and his home at Cedar Hill in Anacostia provides a glimpse into his remarkable public life.

Join the CHV staff and other CHV members on **Tuesday, February 25, for a 2:00 p.m. guided tour** of the home's first and second floors.

Frederick Douglass became the best known leader of the movement for African American civil rights in the 19th century. After escaping from slavery in Maryland, Douglass became a national leader

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of the abolitionist movement in Massachusetts and New York, during which he gained fame for his oratory and incisive antislavery writings.

He wrote three autobiographies; in the first, *Narrative of the Life of Frederick Douglass, an American Slave*, published in 1845, he described his experiences as an enslaved person. It became a bestseller and was influential in promoting the cause of



abolition. He also actively supported women's suffrage and held several public offices.

The National Park Service Visitor Center and the Douglass home contain museum objects, documents, and photographs showcasing Frederick Douglass's life at Cedar Hill. He lived there from 1878 until his death in 1895, and the home provided the backdrop to his active political and warm family life.

The spacious estate and well-furnished rooms are a testament to Douglass's lifelong struggle to overcome entrenched prejudice. His personal belongings, home furnishings, books, and photographs of family and friends can be seen in the place where Douglass and his family used them. They provide a unique insight into his personal and public life, family, home, and interests.

How to get tickets for February 25 tour with Capitol Hill Village

The only entry to the Douglass house is through a guided tour. **Eleven tickets are available** by registering [here](#) or calling the CHV office at 202-543-1778.

Let the CHV office know by **Thursday, February 20** if you would like to attend the tour and if you need a ride.

Accessibility: Please note that there are ramps leading up to the home; the other option is walking 85 steps to the entrance.

Want to Observe Black History Month?

Here's a sampling of local events. Check the links for more details and ticketing information, where applicable.

February 2 at 7:30 p.m., Choral Tribute to Dr. Martin Luther King Jr. at the Kennedy Center: Living the Dream...Singing the Dream: <https://www.kennedy-center.org/whats-on/explore-by-genre/classical-music/2024-2025/wpa-living-the-dream-2025/>. Featuring the combined Men, Women, and Children of the Gospel choirs of Washington Performing Arts and the Choral Arts Society of Washington.

February 11 at 7:00 p.m., featuring author **Tara Roberts** at Sixth and I, 600 I St. NW: <https://www.sixthandi.org/event/tara-roberts/>. In *Written in the Waters: A Memoir of History, Home, and Belonging*, Roberts offers an understanding of the 12.5 million

people carried away from their African homeland to enslavement on other continents. Inspired by the descendants of those who lost their lives during the Middle Passage, Roberts also explores her own family history and life as a Black woman to help make sense of her identity.

Feb. 15 at 5:00 p.m., featuring author and activist **Marita Golden** at Politics and Prose, 5015 Connecticut Ave. NW: <https://politics-prose.com/marita-golden>. *How to Become a Black Writer: Creating and Honoring Black Stories That Matter* details Golden's life, career, and the most cherished memories she made along the way.

February 18 at 7:00 p.m., featuring social justice leader **Tamika Mallory** at Politics and Prose, 5015 Connecticut Ave. NW: <https://politics-prose.com/tamika-d-mallory>. *I Lived to Tell the Story* is her memoir—from early

For more Black History Month events, check this guide from the DC Commission on the Arts and Humanities: https://dcarts.dc.gov/sites/default/files/dc/sites/dcarts/page_content/attachments/Black%20History%20Month%20Events%202024.pdf.

days as daughter of Black civil rights activists in Harlem, New York, to a young Black woman's first battles against the physical and political violence she'd fight all her life, to the never-before-shared personal and professional crises launched by those forces intent on keeping her silent.

Through March 2, "Negro Motorist Greenbook" and "Greenbook DC" Exhibits at MLK Jr. Library, 901 G St. NW: <https://www.dclibrary.org/negro-motorist-green-book>

CAPITOL HILL VILLAGE

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

To become a member, go to www.capitolhillvillage.org and click on "Membership." 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 the Village." Capitol Hill Village is a 501(c)3 charitable institution, and your gift is tax deductible. All donations are welcome!



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FROM THE EXECUTIVE DIRECTOR

Literature Tells a Black History Story



Judy Berman

Happy Black History Month!

As a student of literature and history, I'm well aware that the teller decides what gets included in the story and what gets left

out.

For those of us who attended predominantly white schools in the early- and mid-20th Century, we heard very few voices who truly valued the culture and cultural contributions of African Americans. For example, I grew up less than 15 miles from New York City's 125th St., the center of Harlem. And yet, it wasn't until college, in an African American literature course, that I became aware of the incredible cultural explosion of the Harlem Renaissance, when writers like Zora Neale Hurston, Langston Hughes, Nella Larsen, and Jean Toomer were at the height of their powers.

From the first published African American poet, **Phyllis Wheatley**,



Phyllis Wheatley

to contemporary stars like **Claudia Rankine** (a recent McArthur Genius award winner and author of *Citizen: An American Lyric*, one of *The New York Times'* 100 best books of the 21st Century), the work of African American writers has developed alongside and often in conversation with the white canon, telling stories of African American life and experience that celebrate and interrogate American life. For Black History Month, I'd like to share some of my favorite experiences with African American writers and

literature, which, coincidentally, share a connection to Washington, DC.



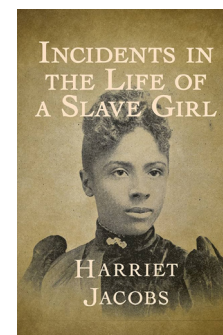
Toni Morrison

I have to start with **Toni Morrison**, winner of the 1993 Nobel Prize in Literature. Although she was born and raised in Ohio, Morrison graduated from and taught at Howard University.

There, Morrison found her voice and her audience—she would write to and for her "neighborhood" with phrases and themes that would resonate with their lived truth.

Morrison's *The Bluest Eye* changed me. It helped me see how the mainstream definition of beauty in America was based on a white ideal and how demoralizing and downright dangerous that could be to the lives of those who were different. *Beloved*, her most famous novel, challenged me to understand how slavery could drive a mother to infanticide. Hearing Toni Morrison read aloud from the "Middle Passage" section of *Beloved* was a once-in-a-lifetime experience. She had a regal presence and spoke almost in song, the rhythmic rocking of the ship propelling the story forward. It was as beautiful as it was horrific to take in.

Incidents in the Life of a Slave Girl by **Harriet Jacobs** was one of the first books I read in the Slave Narrative



tradition. Jacobs, too, spent a significant amount of time in Washington supporting those who had recently escaped from

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Literature Tells a Black History Story *continued from page 3*

slavery. Her narrative helped me to see how social norms and standards can be used to discredit those whose lives don't conform, even when the circumstances in which they're forced to live don't allow for conformity. Published under a pseudonym, Jacobs explains the internal contradictions of being a female slave, expected by white standards of femininity to be "chaste" yet subject under slavery to routine sexualization. She worries that white women in the North whose support she desperately needs will reject her appeal because she does not live up to their standards of chastity. Jacobs chooses to express her resistance to bondage by having a relationship with a white man who is not her owner. She explains, "in looking back, calmly, on the events of my life, I feel that the slave woman ought not to be judged by the same standard as others." The same could be said for the mother in *Beloved*, written more than 100 years later.

Langston Hughes is another favorite writer. It's his experience as a busboy at the Wardman Park Hotel that lies behind the name of the local restaurant chain Busboys and Poets. In *Montage of a Dream Deferred*, Langston Hughes integrates the music of the Harlem Renaissance with the

early rumblings of the 20th Century civil rights movement:

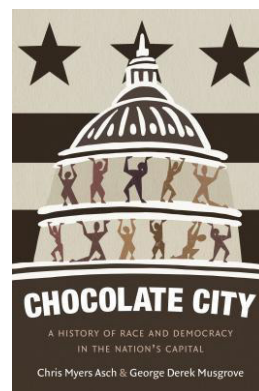
Good morning, daddy!
Ain't you heard
The boogie-woogie rumble
Of a dream deferred?

Listen closely:
You'll hear their feet
Beating out and beating out a—

*You think
It's a happy beat?*

I love Hughes' poetry, in part because of its directness and accessibility. Like **Nikki Giovanni**, another favorite, Hughes writes like he's having a conversation with his audience, one that he cares more about reaching than impressing. At the same time, his poems reward a closer look: Who is "daddy"? and why does the speaker seem surprised that he and "daddy" are not hearing the same thing in the beat?

Finally, if you're interested in local history, one of the best books I've read is *Chocolate City: A History of Race and Democracy in the Nation's Capital*. Authors **Chris Asch** and **George Derek Musgrove** (a racially-mixed author team whom I met when the book first came out) call race "the central fault line of DC political,



economic, and social life." Their nearly 500-page narrative is persuasive. This detailed history covers our familiar geography in a completely

unfamiliar way (some of you who lived through the periods they describe may have a different view). I thoroughly enjoy learning about the activism of Black DC residents and the institutions they created to advance principles of American democracy. As we face another potential crisis of democracy and democratic values, there are some important lessons to be learned here about creativity, resistance, and persistence.

Thank you for indulging my brief literary review. I tell people I'm a recovering academic, and columns like this suggest I have more recovering to do. But literature of all kinds has always brought me joy, and I hope I've shared some of that here. Who are your favorite African American writers? I'd love to chat!

Learning Never Needs to End

Registration is open at the Osher Lifelong Learning Institute at American University.

February Shorts, with over 40 courses available, runs daily **February 3–7 and 10–14**. The **spring semester** runs **March 3–May 9** offering 111 affordable lifelong learning courses ranging from "Crime and Punishment 2025" to "Art Deco Architecture in Washington" and from "The Neuroscience of Conflict" to "Love, Death, and Shakespeare."

Both in-person and online class formats are available. The February Shorts session costs \$100 and the spring semester costs \$330 for up to four classes. Register by **February 19** for the **spring semester**.

A **10 percent discount** will be applied to spring semester registration for those who are new or have not taken classes in five or more years. Once you click "Choose Lottery Selections" and create an account, you will see the discount

when paying for the session. View and register with the [new member spring semester promotion!](#)

Join the OLLI email list on the [website: https://www.oli-dc.org/Home](#) and click on the blue box in the right-hand corner "join email list." This will allow you to receive the newsletter and register for events.

Reflections on Greatness and Character

By Susan Sarfati



Last month, the Electoral College certified the election of the 47th President of the United States and he was inaugurated.

Our nation expressed gratitude to outgoing President Biden and Vice President Harris, while also honoring President Jimmy Carter during his memorial services.

These historic events have prompted me to reflect on what defines **greatness and character** in our leaders and in everyday people. That's no simple task, and I do not aim to list traits or qualities. Instead, I prefer to share real-life examples I have witnessed, which illustrate these virtues.

Over 13 seasons, I had the privilege of producing the Nation's Capital Distinguished Speakers series in the Kennedy Center's Concert Hall, hosting four events annually. During this time, more than 100 speakers—presidents, prime ministers, Nobel laureates, scientists, entertainers, and others—graced the stage.

Despite their accolades, many of these individuals described themselves as ordinary people who achieved extraordinary things through hard work and perseverance. In my view, their greatness often emerged from acts of character, courage, kindness, and compassion.

Here are a few inspiring examples from the Series:

- A young boy with a terminal illness idolized **President Jimmy Carter** and longed to meet him. When President Carter agreed to speak at our series, he graciously

dined with the boy, giving him his undivided attention. Later in the evening, the boy had the honor of introducing President Carter on stage. The joy and



gratitude between them created a moment of profound happiness and a lasting relationship. President Carter delivered the eulogy at his funeral.

- The first deaf student from Jordan to attend Gallaudet University had a unique opportunity to meet **Her Majesty Queen Noor** at the Kennedy Center. The Queen then personally contacted the student's parents in Jordan and invited the entire family to visit her at the royal palace.
- After delivering a speech at the Kennedy Center, **President George H.W. Bush** approached the Kennedy Center staff and humbly asked for their feedback on his performance. Imagine how they felt being asked for their opinions by a former President of the United States!
- Famed physicist **Stephen Hawking**, before giving a talk about black holes, met with physically challenged high school and college students. Rather than discussing advanced scientific concepts, he shared words of encouragement about how he overcame obstacles



and achieved accomplishments despite limitations.

Acts of greatness and character are not reserved for luminaries; they exist in the everyday kindness and generosity of ordinary people. I have observed this firsthand within the Capitol Hill Village community:

- Members consistently show concern and compassion for one another, stepping up when someone needs help.
- Many donate financially to CHV, enabling others to participate in community activities.
- During the holidays, members bake homemade cookies and distribute them as gestures of caring and goodwill.
- When someone is unwell or in need, fellow members often ask, "What can I do for you?" and follow through with tangible acts of support.

CHV is uniquely positioned to foster a sense of community and connection, offering support in an unpredictable world. Each act of kindness builds a stronger network of care and demonstrates the finest qualities of greatness and character—one person at a time.

A Big Thank You!

We will have an extra reason to be happy at the February 19 Capitol Hill Village Happy Hour because will be saluting CHV volunteers! Come celebrate with us at the Residences, 777 C St. SE, 6th floor, from 4 to 6 pm. Let us know you will join us by registering at this link: [Member Happy Hour and Salute to Volunteers! - Capitol Hill Village event](#)

Stay Warm Under the Stars at the CHV Gala continued from page 1

What's Happening at the Gala

- Dancing to tunes spun by DJ Captain Dave (the return of last year's favorite)
- Line dancing—partners not required; Roberta Rothstein and her dancers make a repeat appearance to help everyone get involved!
- Good food and plenty of opportunity for conversation
- First chance to sign up for Salon Events
- **Salute to the Stars**—members, volunteers, the community, and YOURSELF—who help older adults thrive in a vibrant, inclusive, and age-friendly community.

Salon Events

The Gala is the first chance to buy seats for the always-popular Salon events, which will be scheduled throughout the Spring in CHV members' homes. Once again, the lineup includes prominent and interesting guest speakers with the opportunity for discussion and food in intimate settings. Some of the Salons will sell out, so attending the Gala gives you the best chance to snag a seat.

This is the current line-up, and more may be added. Information about each will be in the on-line auction site prior to sales opening at the Gala:

- **Author Louis Bayard**; his new book is *The Wildes*
- **Mike Bowers and Michael Werner**; the Eastern Market cheese guy and DCater wine owner
- **Ryan Brown**, founder of Opera Lafayette
- **Rebecca Fasman**, collections and history curator at the Kinsey Institute

Important Gala Dates

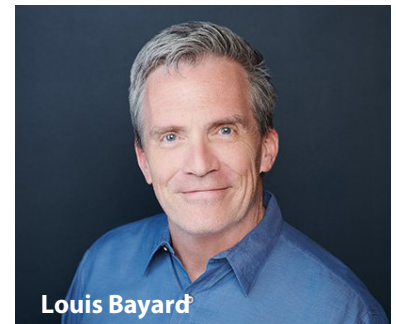
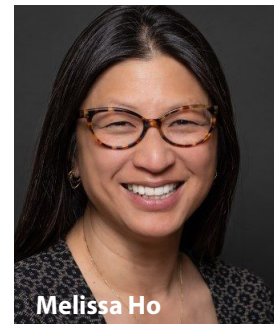
February 15: on-line auction opens for previews [HERE](#)

March 1: On-line auction open for bidding at the same link

March 15: CHV Gala, St. Mark's Church, 301 A St. SE, 7:00-10:00 p.m.
First chance to buy seats for Salon Events!

March 16: On-line auction closes

March 22: Sale of Salon Events closes



- DC Councilmember Christina Henderson
- Melissa Ho, World Wildlife Federation: the intersection of food, nature, and climate
- DC Council Chair Phil Mendelson
- Ambassador Allan Mustard: "Whither Russia"

- Norman Ornstein, Scholar and commentator: "Can Democracy Survive This Congress?"
- Piedmont Blues musicians: Blues, Brews, and Barbeque
- Journalist Bill Press, radio host, pundit, author
- Catherine Townsend, President, Trust for the National Mall

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Stay Warm Under the Stars at the CHV Gala *continued from page 1*

- **Poet Judith Viorst**, humorous observational poetry and children's literature

Vacation Homes

Here's the current list of vacation homes available in the auction. More may be added—when auction previews open, check the online site for a description of each property and details on availability.

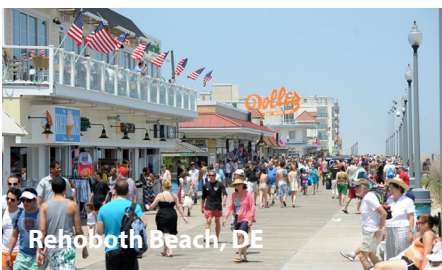
- Cottage on Anna Marie Island, Florida
- Capitol Hill apartment
- Denver condo
- Dewey Beach house
- Huntington Beach, California, condo (close to the ocean)
- Home in Little Washington
- Loft condo in Philadelphia
- Vieques, Puerto Rico, house
- Rehoboth Beach condo
- St. Michaels Boathouse



Vieques, PR



Anna Marie Island, FL



Rehoboth Beach, DE



Tickets

The Gala is a fundraiser for Capitol Hill Village and a major source of funding, helping to sustain programs, services, and activities that enrich lives and strengthen our community.

Tickets are \$175. Consider becoming a sponsor at \$600, which includes two tickets. It's easy to purchase tickets or donate at <https://one.bidpal.net/chvgala/ticketing>.

Bulletin!! Bulletin!! Bulletin!!

Early Bird Ticket Special Just Announced!

See details on back page for Full Moon deals—but you need to act by February 21.

There's something for everyone at the CHV Gala, Online Auction, and Salon Events!

Thinking about going to the CHV Gala but wondering if you will have a good time if you come solo? Rest assured; this is not a couples-focused event. Many people arrive solo, and the variety of activities has something for everyone. Some people will be dancing, others will be listening to the music and eating good food, others will find a quiet area to chat, some will be discussing and bidding on Salon Events. You're pretty much guaranteed

to have someone to talk to, and you might make some new friends!

How about coming to the Gala with your own group! Check in with friends and neighbors, explain how important Capitol Hill Village is to the community, and organize a group for a night of fun at the Gala—could be as small as two. Or contact the CHV Office for help locating others to attend with. The more, the merrier.

Village Voices Waiting To Be Heard...

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

February 10: Louis Bayard on Turning a Book into a Movie



Louis Bayard

When Edgar Allen Poe was at West Point, he was, Louis Bayard writes, caught up in a murder of a cadet. This story is found in Bayard's gothic mystery novel,

The Pale Blue Eye, which in 2023 was made into a Netflix movie. The author will talk about the process of turning a novel into a movie, what was gained and lost, and what he might do differently in the future.

March 3: Georgina Gustin on Disease and Climate Change

Are you worried about the advance of avian flu? Have you wondered about climate change and its effect on diseases? Join us in March when Georgina Gustin, reporter for *Inside Climate News*, explains what her reporting on the frontier between disease and climate reveals.

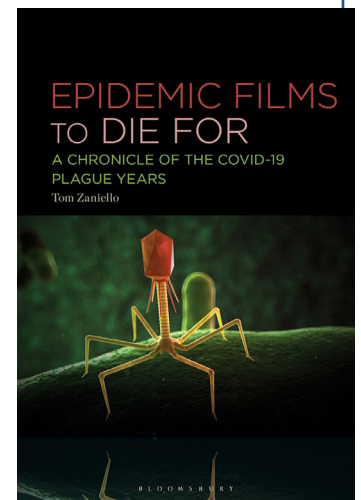
Gustin's journalism has won numerous awards, including the John B. Oakes Award for Distinguished Environmental Journalism, and she was twice named the Glenn Cunningham Agricultural Journalist



Georgina Gustin

CHV member Tom Zaniello, who leads the Cinephiles Affinity Group, previewed his new book, *Epidemic Films to Die For*, at the January Voices program. Tom listed what he considered to be the 22 best "epidemic" films, but there was no shortage of other suggestions including over 30 films from around the world on COVID. And there's more territory to cover on topics not yet portrayed in film: measles, mpox, bird flu, and norovirus.

To watch Tom's presentation, check the CHV YouTube channel at: <https://www.youtube.com/@capitolhillvillage-DC/videos>.



of the Year, once with her ICN colleagues. She has worked as a reporter for *The Day* in New London, Conn., the *St. Louis Post-Dispatch* and *CQ Roll Call*, and her stories have appeared in *The New York Times*, *Washington Post* and *National Geographic's* The Plate, among others. She is a graduate of the Columbia University Graduate School of Journalism and the University of Colorado at Boulder.

April 8: Susan Koch on Nuclear Arms Control

As the Doomsday Clock, as analyzed by the Bulletin of the Atomic Scientists, creeps closer to midnight, Village Voices will take a look at the background to and current state of control of nuclear arms. Susan J. Koch is a specialist in policy issues regarding arms reduction and the proliferation of weapons of mass destruction. From 1982 until 2007, she held a series of senior positions in the White House National Security Council Staff, the Office of the Secretary of Defense, the Department of State and the U.S. Arms Control and Disarmament Agency, focused on nonproliferation and arms reduction policy. Dr. Koch began her government career in the Directorate of Intelligence of the CIA,



Susan Koch

analyzing West European political issues. She has received numerous awards for her work on arms control issues, including the Presidential Distinguished Executive Award.

Village 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 at info@capitolhillvillage.org.

Access to Past Programs

If you missed a Village program, most are available on the [CHV Channel](#) on YouTube. You can also subscribe to the channel.

Catherine Bego: A Career of Fighting Substance Abuse

By Jane Lang

Seventy-nine years ago, Catherine Boddie's parents took a hard look around them in Franklin, Georgia, and concluded there was no future for a young black family there. So, her father, Calvin, set out for Washington DC in 1945, and soon his wife Pearl and their children, including three-year-old Catherine, joined him. The family of nine settled into a row house in near Northeast Capitol Hill—the same home where Catherine lives today.

Over the decades, Rev. Catherine Bego (known as “Grannie” to her friends) has seen a lot of change in her own life as well as her community. She graduated from Howard University with both bachelor's and master's degrees and taught in neighborhood elementary schools and recently became a member of Capitol Hill Village.

She married Emanuel Bego and they raised three children in the same home where she grew up. She left teaching for a life of community organizing and service, first in response to the urban renewal program to advocate for the rights of displaced residents. In that connection, she was nominated by Rev. Walter Fauntroy to serve as a Community Fellow.

She discovered her true calling when Dr. Robert Dupont recruited her in 1969 to manage a methadone treatment center on Ninth St. NE. She was recognized with numerous promotions in the Addiction Prevention and Recovery Administration (later the Narcotics Treatment Administration), and spearheaded various programs to combat the growing scourge of drug abuse in DC. She takes pride in the fact that many of her clinic patients recovered and became successful professionals.

“Substance abuse is a disease,” she emphasizes, and superficial programs and recreational activities are inadequate to meet its devastating challenge. She resolved to bring her faith to the task, initiating “Soul Explosions” to rally the community to discover in faith what she considers the most powerful antidote to drug addiction. Even as she introduced methadone to patients at her clinic, she enjoined them to “look to a power greater than yourself.”

Rev. Bego was grounded in her Christian faith by her parents, but her trifold of “compassion, competence, and commitment,” while inspired by Christianity, is not confined to any religion or race. She has worked with Jewish, Muslim, and Christian, black, white, and Asian neighbors to address drug abuse in the community. In Rev. Bego's world, compassion springs from love, and the “multitudes” that inspire her compassion include, among others, homeless neighbors and substance abusers.

“Competence,” she emphasizes, means “not college degrees, but understanding.” To address a problem, one must begin with recognizing and understanding it. Finally, there is commitment, which is tantamount to a calling. “Don't start working on a problem if you're not willing to stay with it—you can't jump in and jump out,” if you want to foster change, she cautions.

Over decades on Capitol Hill, Rev. Bego witnessed many changes in the fabric of the community. When she



came to the neighborhood as a child, most of the families on her block were white. Her family “was kindly received,” she recalls.

By the 1960s, the racial composition of the area was changed. Most of the white families had decamped for the suburbs, as part of a demographic dynamic that changed the profile of Washington. Her street became predominantly black and also more closely knit. Children and grownups alike were in and out of each other's homes on a regular basis. “Socializing” was a big part of life on the block. She remembers those years warmly, despite the toll that drugs began to take on the area and the spate of violence that claimed some innocent lives.

Then, a new cycle began in the early 2000s, with white families moving back and black families relocating to the suburbs. Today, her street is mixed racially and has a “neighborly” feel. Though she misses the extent of the socializing that she enjoyed 30 or 40 years ago, she's grateful to the neighbor who brings her bread, another who fixes her car. She reciprocates graciously with “edible” gift baskets. Social relationships change, she says somewhat wistfully, “but love is still here.”

Just When You Thought You Had Heard Everything...

The Continuing Saga of Scams

Whether you've driven through a highway toll booth recently or not, you might have received a text saying you owe money for unpaid tolls. It's probably a scam. Across the country, scammers are pretending to be tolling agencies and sending texts demanding money.

With vigilance, you can avoid getting burned.

It starts with a text out of the blue that says you have unpaid tolls and need to pay immediately. The text might show a dollar amount for how much you supposedly owe and include a link that takes you to a page to enter your bank or credit card information—but it's a [phishing scam](#). Not only is the scammer trying to steal your money, but if you click on the link, they could get your personal information (such as driver's license number)—and even steal your [identity](#).

To avoid a [text scam](#) like this:

Don't click on any links in, or respond to, unexpected texts.



Scammers want you to react quickly, but it's best to stop and check it out.

Check to see if the text is legitimate. Reach out to the state's tolling agency using a phone number or website you know is real—not the information in the text.

Report and delete unwanted text messages. Use your phone's "report junk" option to report unwanted texts [to your messaging app](#) or forward them to 7726 (SPAM). Once you've checked it out and reported it, delete the text.

Learn more about spotting and avoiding text scams from the Federal

Trade Commission at ftc.gov/textscams.

And, then there's this...

From Executive Director Judy Berman:

I came home the other night to a stack of mail all concerning accounts that I had supposedly applied for, but which were denied. Included was an attempt to access a credit reporting agency that is not among the "big three"—Experian, TransUnion, and Equifax.

What saved me was that **my accounts at the three Credit Reporting Agencies are locked**. Only I can open them, and I do that only when I'm making an application of some kind. Locking or freezing your account is FREE. It's a hassle because you need to act separately on each one, and you have to keep good track of the passwords—but it is well worth it if my experience is any indicator.

Even though the fraudsters were unsuccessful, I reported the fraud to the FTC, and I put a fraud alert on the three accounts so I have protection should there be any financial losses going forward. <https://reportfraud.ftc.gov>.

Important Tips

First, don't be embarrassed if you find yourself caught in a scam—thousands have already been there!

- When you get a suspicious phone text or email, **DON'T CLICK ON ANYTHING IN THE MESSAGE.**
- Even if it seems legitimate, **only used trusted sites and phone numbers** to follow up (you will need to contact these separately).
- Contact friends or the CHV Office at 202-543-1778 for support and assistance.

Strengthen Ankle Muscles to Reduce Falls

In the research about sidewalk safety, we learned that some people fall on sidewalks because of a reduced walking gait. Their step is short, and their toes do not rise much above the sidewalk surface, making it easy to catch the toe on an uneven sidewalk.

This is an easy exercise to strengthen muscles in the ankle that may help increase the height a person's toe rises above the sidewalk and help avoid falls.

- Lie in bed beneath the covers, for example before sleep or upon awakening.
- Point your toes horizontally (see Figure 1),
- Pull the bedding taught, and bring your foot to a perpendicular position (see Figure 2).



Figure 1.

- Repeat until the muscles in your feet and ankles get tired.

Over a matter of weeks, you may be able to triple the number of repetitions or more; for example, 20 repetitions in the first day before muscles become tired; 60 repetitions after a few weeks of exercise. As always, consult a doctor before you begin exercising.

If you are injured in a fall on a DC public sidewalk, you may be eligible to have some of your expenses paid through the DC Office of Risk



Figure 2.

Management using this form: <https://orm.dc.gov/service/tort-liability-claims>

As always, if you observe a sidewalk hazard, take a picture of the hazard on your cell phone, and send it with the address of the house closest to the hazard to: chvpedestriansafety@gmail.com.

CHV will submit a 311 request to the DC government on your behalf requesting maintenance.

Honoring & Remembering

Capitol Hill Village appreciates these special gifts received in 2024

From Sean and Karen Rynne in memory of Uncle Bob, Robert Kreinheder

From Amy Mauro in gratitude for CHV's support for Connie Mauro

From Nancy Deck in honor of Susan Sedgewick

From Susan Sedgewick in honor of Ceci Albert and Elizabeth Cabot Nash

From Laurence Posses in memory of Robert Kreinheder

From Susan Sedgewick in memory of Robert Kreinheder

From Elizabeth Hocking in honor of two of her siblings and in gratitude to Ceci Albert for just being such a good person

From Betty C. Monkman in memory of James Ketchum

From Robert Loftus in memory of Bryan Cassidy

From Andrew Leonard in recognition of Maury Stern's service

From Judy Berman in gratitude to Meghan Wrinkle for her years of service to CHV

From Carolyn Seifert in recognition of the Memory Studio Dementia Arts Program

From Jean Whitesell in memory of James Roe Ketchum

From Cecilia Albert in gratitude to Mark Lavens

February Events List

Saturday, February 1, 9:00 a.m.–12:00 p.m.
Your Home

Hazardous Waste Pick-up

Note: Registration closes Wednesday, Jan. 29

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

- **Personal papers** (medical, financial, utility bill stubs, old check stubs, etc.). Put in paper sacks or cardboard boxes. These will be shredded at the drop-off site.
- **Chemicals and batteries** (household cleaners, garden chemicals, alkaline batteries). Put these in a sturdy plastic bag or a cardboard box, and 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. can go in the regular trash.

NO LARGE APPLIANCES (washers, dryers, refrigerator, etc.) Call DC 311 for bulk trash pick-up.

NO DRUGS Over-the-counter medicines = regular trash. Prescription drugs = call or drop off at the Village for proper disposal.

If you need assistance, call the CHV office at 202-543-1778 or e-mail info@capitolhillvillage.org. When you register, please indicate what and how much you have to be picked up.

Members Only

Saturday, February 1, 11:00 a.m.–3:00 p.m.
Community Action Group, 124 15th St. SE

Memory Studio

Memory Studio is an art and music workshop for individuals with memory loss, with respite services for care partners. It will be offered most Saturdays through July.

Join Capitol Hill Village and Teaching Artist Nephelie Andonyadis for a program of music and art. This series will include live music, movement, and art activities inspired by work from the Phillips Collection. Lunch will be served. Enjoy a creative environment without judgement, where the

goal is to be present, have fun, and to focus on what folks can do rather than what they can't.

No formal dementia diagnosis is required. Anyone who is experiencing memory loss or cognitive challenges, especially

if those challenges are changing the way they engage with others and causing concern for care partners, are welcome to participate. Care partners are welcome but not required to stay or participate. Programming for care partners will include a rotating set of supports including an optional support group and opportunities for nurture, like massage. Care partners are free to use the time in whatever way fills their cup on any given day.

There is no online registration for this program. Those interested must contact CHV for an assessment of eligibility and an intake interview: call 202-543-1778 or email info@capitolhillvillage.org and ask for Judy.

Open to all.



Tuesday, February 4, 4:00–5:00 p.m.

Virtual Event: Artificial Intelligence (AI) Group

**New Affinity Group*

The February meeting will focus on some free AI tools. In January, we learned how ChatGPT-o3-preview, a free tool, could do something that two others, Claude-3.5-Sonnet and Poe-Assistant, could not. Participants wanted more discussion about the strengths and weaknesses of these free tools.

CHV cooperated with other DC Villages to form this affinity group, which aims to create a space for older adults to engage with emerging technologies—discussing how AI might influence healthcare, accessibility, and daily life for seniors. We hope to help Village members better understand and navigate the potential benefits and challenges AI presents to our community.

Open to all. Register at <https://capitolhill.helpfulvillage.com/events/12567>

► continued on page 13

February Events *continued from page 12*

Wednesday, February 5, 2:00–3:15 p.m.

Virtual Event: Village Connections Training— Helping Members Downsize

*New Year, New Space—supporting members downsize
and declutter.*



This training is designed to equip CHV volunteers with skills and tools to support members who are looking to downsize or declutter their homes. If you need a boost in motivation to achieve your New Year's resolutions, this session will provide practical tips and insights for assisting friends navigate this process. Whether you're offering support to others or considering starting your own decluttering journey, join us for an informative session on ways to declutter.

Register for this event on helpful village <https://capitolhill.helpfulvillage.com/events/12758>, or by contacting Jenna Jones at jjones@capitolhillvillage.org.

Volunteers only.

Wednesday, February 5, 3:30–4:30 p.m.

Virtual Event: What We're Hearing

Do you experience hearing loss? Please join us at *What We're Hearing*, CHV's affinity group focused on hearing impairment, hearing loss, and deafness. We discuss our experiences with hearing loss, share helpful resources and tips, and create an environment of peer support. This group is co-facilitated by Vira Sisolak (member) and Alex Smith (staff). Please contact Alex Smith with any questions or concerns: asmith@capitolhillvillage.org or (202) 543-1778.

Open to all.

Saturday, February 8, 11:00 a.m.–3:00 p.m.

Community Action Group, 124 15th St. SE

Memory Studio

Memory Studio is an art and music workshop for individuals with memory loss, with respite services for care

partners. It will be offered most Saturdays through July. See Feb. 1 entry.

Open to all.

Sunday, February 9, 1:00 p.m.

Challah by Emerson

Free homemade challah available for delivery! Order one for yourself or send one to a friend, family, or neighbor. You can add a special message or have it as a dinner addition or special treat. Deliveries (CHV service area only) will be made on Sundays. Those on the wait list will be moved to the next available Sunday.



Members only.

Monday, February 10, 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 percent of the family caregivers in this country are men, and men often have a different experience with 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 event is hosted by Geoff Lewis and facilitated by Tim Rogers, who is certified in Somatic Integrity and has years of experience in group work including as a volunteer for Dupont Circle Village.

Open to all.

Monday, February 10, 7:00–8:00 p.m.

Virtual Event: Louis Bayard—Turning a Book into a Movie



Louis Bayard

Author Louis Bayard will talk about the process of turning his novel, *The Pale Blue Eye*, into a movie. See story on page 8.

Open to all.

► continued on page 14

February Events *continued from page 13*

Tuesday, February 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.

Open to all.

Wednesday, February 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, February 12, 1:00–3:00 p.m. ***New Time**

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, February 13, 10:30 a.m.–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, February 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.

Open to all.

Thursday, February 13, 5:30–7:00 p.m.

Residences at Eastern Market Library, 333 Eighth St. SE

Cinephiles

Participants should view as many of the following films as possible, although list is subject to revision based on film availability: *All We Imagine as Light*, *Flow*, *The Seed of The Sacred Fig*, *The Brutalist*, *Hard Truths*, *The Room Next Door*, *The Last Showgirl*, *September 5*, and *688*.

Bring a dish to share or a beverage (soft drink or wine).

Members only.



Friday, February 14, 9:00–11:00 a.m.

Your Home

Goodwill Pick-up

NOTE: Signup deadline is 12:00 Noon, Wednesday, Jan. 8.

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.

► continued on page 15

February Events *continued from page 14*

Sunday, February 16, 3:00–6:00 p.m.
Theater Alliance, 340 Maple Dr. SW

CHV Theater Group: *The Garbologists*

Our February theater selection is the Theater Alliance's "The Garbologist" playing at 340 Maple Dr. SW from Jan 30-Feb 23. The play is "a fresh, quirky buddy comedy about two unlikely partners thrown together in the cab of a nineteen-ton garbage truck."

The Theater Group will attend the February 16 matinee performance at 3:00 p.m. (but you still need to get your tickets on your own). Please go online and buy tickets on a date of your choice. (Put the code SENIOR in the promotion box to get a discount.) On February 16, we plan an early dinner (separate bills, but bring cash just in case) at Momo Chicken and Grill, 1001 Fourth St. SW, Suite 102. If you would like to attend the dinner, let Cynthia Whittlesey know by February 13 at: cynthiawhittlesey@gmail.com.

Open to all.

Monday, February 17

Office closed for President's Day Holiday

Monday, February 17, 1:00 p.m.
Tunnick's, 222 7th St. SE

Wyze Guyz

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

Members and volunteers.

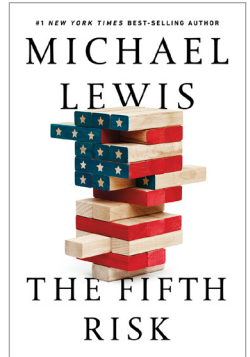
Tuesday, February 18, 4:30–6:00 p.m.
The Residences at Eastern Market Library; 333 8th St. SE.

Village Literary Club

In February, the Literary Club will read Michael Lewis's *The Fifth Risk* (2018, 254 pp). In this book, Lewis (of *Money Ball* and *Liar's Poker*) writes about the disastrous transition period after the election of 2016 when Donald Trump becomes president. *The Washington Post* calls this slim book "a love letter to Federal employees." In it, Lewis throws light on the mentality of Trump appointees, many of whom had

no experience with the agencies they were supposed to run, or worse, had agendas which included suppression of important government data. In contrast are the federal employees Lewis interviews for the book, the "project managers," who work hard and have the expertise to deal with the "five risks." Lewis, a lively and easy to read writer, makes stories about bureaucracy "entertaining," and *The Washington Post* tells us that Lewis helps us appreciate "what was going on inside those bland office buildings."

Members. Sign up by Noon, Monday, Feb. 17.



Tuesday, February 18, 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 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.

Wednesday, February 19, 4:00–6:00 p.m.
The Residences, 777 C St. SE, Sixth Floor

CHV Happy Hour & Salute to Volunteers

The CHV BYOB Happy Hour is open to members and their friends or invitees. Feel free to bring a nibble to share; cups and napkins will be provided. The focus will be on having great conversation and making new connection. We will also be saluting CHV volunteers!

Members and volunteers.

Thursday, February 20, 3:30–5:00 p.m.
As You Are, 500 8th St. SE

LGBT Member Meetup **New Affinity Group*

This is a new group for CHV members. Get to know your neighbors at Capitol Hill Village's monthly LGBT Member Meetup. Enjoy an afternoon of socializing at As You Are Cafe. **Registration in Helpful Village required.**

Members.

► continued on page 16

February/March Events *continued from page 15*

Friday, February 21, 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 group meets monthly on the third Friday. To register, contact Alex at asmith@capitolhillvillage.org or call 202-543-1778.

Open to all.

Saturday, February 22, 11:00 a.m.–3:00 p.m.

Community Action Group, 124 15th St. SE

Memory Studio

Memory Studio is an art and music workshop for individuals with memory loss, with respite services for care partners. It will be offered most Saturdays through July. See the February 1 entry.

Open to all.

Saturday, February 22, 2:45–5:00 p.m.

MLK Jr. Library, Conference Room 401-F, 901 G St. NW

LGBT Intergenerational Meetup

Do you want to build connections with LGBT folks from different generations? Join Capitol Hill Village for our monthly LGBT Intergenerational Meetup. This month, enjoy a creative afternoon including a facilitated Zine workshop, card making, and collage making.

If you have any questions or concerns, contact Sophia at sross@capitolhillvillage.org or call 202-543-1778.

Monday, February 24, 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. See Feb. 10 entry.

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.

Tuesday, February 25, 1:30–3:00 p.m.

Visit to Frederick Douglas Home

In honor of Black History Month, CHV has arranged for a guided tour of Frederick Douglass's historic house on



Cedar Hill in Anacostia. See the story on page 1.

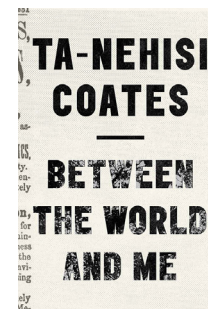
The only entry to the Douglass house is through a guided tour. Eleven tickets are available by registering [here](#) or calling the CHV office at 202-543-1778.

Let the CHV office know by **Thursday, February 20** if you would like to attend the tour and if you need a ride.

Thursday, February 27, 1:30–3:00 p.m. **Date Change*

Virtual Event: Anti-Racism Reading Group

We selected *Between the World and Me* by Ta-Nehisi Coates as our next book. This book is written as a letter to Coates' teenaged son about his perception of the feelings, symbolism, and realities associated with being black in the United States.



For this meeting, we will read Part 1 (approximately 71 pages). We will also be getting book reports on some books that intrigued us:

- So You Want to talk About Race by Ijeoma Oluo
- White Women by Regina Jackson & Saira Rao
- When Affirmative Action Was White by Ira Katznelson
- And, the website "Wordinblack.com"

Open to all.

Thursday, February 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. *Open to all.*

► continued on page 17

March and Ongoing Events continued from page 16

Thursday, February 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.

Open to all.

Monday, March 3, 7:00–8:00 p.m.

Virtual Event: Voices with Georgina Gustin— Disease and Climate Change

Georgina Gustin, reporter for *Inside Climate News*, explains what her reporting on the frontier between disease and climate reveals. See story on page 8.

Open to all.

Tuesday, March 4, 4:00–5:00 p.m.

Virtual Event: Artificial Intelligence Group

***New Affinity Group**

CHV in cooperation with other DC Villages has formed an affinity group about Artificial Intelligence (AI). This group aims to create a space for older adults to engage with emerging technologies, discussing how AI might influence healthcare, accessibility, and daily life for seniors. We hope to empower Village members with knowledge and tools to better understand and navigate the potential benefits and challenges AI presents to our community.

Open to all.

Wednesday, March 5, 3:30–4:30 p.m.

Virtual Event: What We're Hearing

Do you experience hearing loss? Please join us at *What We're Hearing*, CHV's affinity group focused on hearing impairment, hearing loss, and deafness. See Feb. 5th entry. Please contact Alex Smith with any questions or concerns: asmith@capitolhillvillage.org or (202) 543-1778.

Open to all.

Thursday, March 6, 9:00 a.m.–12:00 p.m.

Your Home

Hazardous Waste Pick-up

Note: Registration closes Monday, March 3

Hazardous materials and personal papers will be picked up from CHV members' homes for delivery to DC's safe disposal site. If you need assistance, call the CHV office at 202-543-1778 or e-mail info@capitolhillvillage.org. When you register, please indicate what and how much you have to be picked up. See the Feb. 1 entry for more info.

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, 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 3–4 repetitions of the first 13 Tai Chi postures. One repetition will pause for 30 to 60 seconds for key postures, accompanied by commentary by the Tai Chi leader. At the end, there will be a run through of the final 26 postures for more experienced practitioners of Tai Chi. Beginners, contact Mary Procter at mprocter57@gmail.com and arrive at 10:45 a.m. to learn some Tai Chi basics.

Open to all. Registration required.

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Ongoing Events *continued from page 17*

Mondays, 12 Noon–1:00 p.m.
Capitol Hill Towers, 900 G St. NE

Mindful Monday—Peer Recovery Support Group

***New Affinity Group**

Join us for CHV's weekly Mindful Monday Group—peer recovery support. Hosted by **Raymond Mallard**, 202-492-5277.

Open to all.

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



Members and volunteers. Registration required.

Mondays, 3:00–5:00p.m. ***Date Change**
Capitol Hill Towers, 900 G St. NE

Soul Vibrations ***New Affinity Group**

The series will include a vaccine navigation session, which will provide information and responses to concerns regarding vaccines for adults (this is not a vaccine clinic). The “meat” of the program is a wellness package including food, fitness, and mindfulness designed to elevate souls. The group will be led by **G.C. Henderson**, who serves as the Kitchen Safety Manager at Capitol Hill Towers.

Open to all.

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, 11:00 a.m.–12:00 noon
Capitol Hill Towers, 900 G St. NE

Grief Support Group

Have you experienced a loss? Are you having difficulty coping with feelings of grief? **You are not alone.** Capitol Hill Village invites you to join our Grief Support Group which meets Tuesdays, 11 a.m. to noon.



Please contact Alex Smith, CHV Care Services Specialist, if you have any questions: asmith@capitolhillvillage.org or 202-543-1778.

Open to all.

Tuesdays, 12:30–2:00 p.m. ***On hiatus until March 4**
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.

For more information about Second Wind Chorus see: secondwindchorusdc.com.

► continued on page 19

Ongoing Events *continued from page 18*

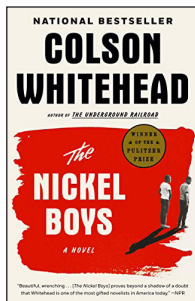
Tuesdays, 2:00–3:00 p.m.

Virtual Event: Antiracism Reading Pod

The group is reading *Nickel Boys*, the Pulitzer Prize winner by Colson Whitehead.

Please contact the CHV office 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, 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 to sign up.

Fridays, 11:30 a.m.–1:00 p.m.

The Residences, 777 C St. SE; 6th floor

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.

Members and volunteers.

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.

Registering for CHV Events

The Capitol Hill Village event calendar can be viewed at 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 on the website at capitolhill.helpfulvillage.com/events, by contacting

the CHV Office at 202–543–1778, or by emailing 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.

Starry, Starry Night

2025 Capitol Hill Village Gala and Auction

**The big night is March 15,
but the Early Bird Ticket Specials start NOW!**

**Full Moon Deals —
available until February 21:**

- Save 20% on single tickets – just \$140 (regular price: \$175)!
- Bring a Friend! Buy one at full price and get the second 50% off – only \$87.50!

- **Group Fun!** Grab two or more tickets and get ready for a dazzling night of dining, dancing, and delight.

**Act fast! — Discounts
disappear after February 21!**

Secure your spot or donate today: <https://one.bidpal.net/chvgala/ticketing>



Capitol Hill Village
1355 E Street SE
Washington, DC 20003