



# CHV Calls for Council Action on Sidewalks *continued from page 1*

(DDOT) in maintaining the safety of DC sidewalks. The report can be found at: <https://capitolhillvillage.org/sidewalksafety/>.

While noting that DDOT made some progress during 2024 in addressing the backlog of sidewalk repairs, Price said the program is seriously underfunded and is guided by outdated policies which lead to the injury of many DC residents.

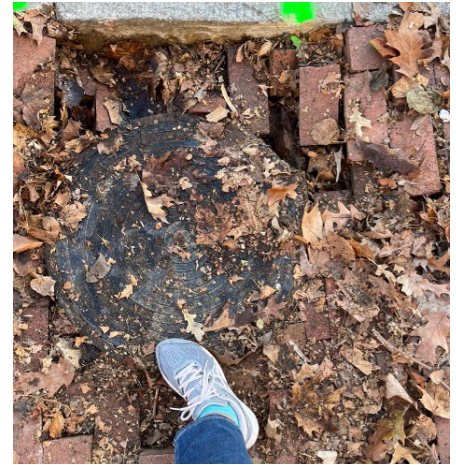
“We ask the Council to work with DDOT to (1) understand the impact of the current funding and policy situation on the performance of the Department (2) upgrade the Department’s policies to reflect a



public health understanding of the need for sidewalk maintenance, and (3) examine the need for more resources devoted to sidewalk repair,” Price said.

CHV listed specific requests to the Council and DDOT:

- Change the Service Level Agreement for 311 sidewalk hazard reports from 270 business days to 60 calendar days.
- Provide sufficient funding for DDOT to meet the 60-calendar day target 90 percent of the time.
- Update DDOT’s 2009 Pedestrian Master Plan and expand it to cover for the first time tripping hazards on DC sidewalks.
- Initiate a program to collect data on the number and severity of injuries incurred on DC sidewalks, not just at intersections as is the case now.
- Develop policy in the DC Council Committee on Transportation and Environment, and the Committee on Government Operations to compensate pedestrians for



injuries sustained during falls on DC sidewalks, not just those injuries that occur at a location previously reported via 311, and then work with the Office of Risk Management and DDOT to implement the new policy.

- Conduct a demonstration project of brick-appearing concrete sidewalks on Capitol Hill as an alternative to sand-bedded brick.

The Capitol Hill Restoration Society also testified and supported the call for the demonstration project.

## Cultural Competency Training



Sophia Ross

Are you a Capitol Hill Village volunteer? Did you start volunteering with CHV before April 2024? If so, we want you to take our Cultural

Competency Training. The training is also open to any CHV member who would like to participate.

There are two opportunities in March to participate in a group training, which will include watching and discussing the 20-minute training video. The goal of the training is to provide our volunteers with skills and language to respect and affirm LGBT+

Village members and other volunteers. Topics to be covered include LGBT terminology, pronouns, tips on making assumptions, and scenarios between members and volunteers.

The sessions will be virtual and will be led by CHV staff member Sophia Ross:

- Session #1: March 4, 10:00 to 10:45 a.m. via Zoom
- Session #2: March 19, 5:00 to 5:45 p.m. via Zoom

Register on the CHV Helpful Village calendar or contact [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org).

CHV Executive Director Judy Berman noted the importance of the training: “As the current administration

attempts to remove all references to the existence of transgender and non-binary people from federal research, websites, programming and the military; and recently began to implement a policy of requiring passports and other federal documents to identify a person by the sex they were assigned at birth regardless of how they live their lives, the training we are offering is more important than ever. CHV affirms, supports and trusts all older adults to identify their own gender and sexual identities and will not tolerate disrespect, whether willful or due to ignorance, of our LGBT-identifying members, volunteers, or program participants.

## CAPITOL HILL VILLAGE

### To reach us:

202-543-1778 (M-F, 9 a.m.-5 p.m.)

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

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Capitol Hill Village

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To **support the Village**, go to [www.capitolhillvillage.org](http://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!



CHV #55474

### Capitol Hill Village Leaders

Judy Berman, *Executive Director*

Maury Stern, *President of the Board*

Mary Bloodworth, *Director of Operations*

Pamela Johnson, *Peer Health Outreach Specialist*

Jenna Jones, *Administrative Coordinator*

Lizzy Kosin, *Director of Care Services*

Cassandra McPerson, *Grant Programs Manager*

Sophia Ross, *Digital Media and Grant Program Strategist*

Alex Smith, *Care Services Specialist*

### Capitol Hill Village News Team

Editor: Karen Stuck

Layout: Roxanne Walker

## FROM THE EXECUTIVE DIRECTOR

# Where do you see the Village?



Judy Berman

I recently attended a meeting with many Capitol Hill Village members who live in The Residences at Eastern Market. I want to thank Fran Zaniello and Lee

Reno, who convened

the group, for inviting me and Director of Care Services Lizzy Kosin to join them.

The purpose of the meeting was to consider how CHV could support a group of folks living in a multifamily residence as they age, helping to reduce the chances that they would need to move again, next time likely to an age-segregated setting. In other words, this was about how to support a “next stage” village within the Village, one focused on individuals who (for the most part) had already determined that they wanted to downsize and have fewer responsibilities around home maintenance, and who were anticipating that their needs would likely increase over time.

The group decided that their primary need was a way to communicate easily with each other, like through a listserv where they could pose questions, get recommendations from each other, and organize get-togethers. Many found an abundance of informal opportunities for connection in the daily life of the building and wanted something to support more purposeful and specific engagement. Also, as we discussed, there are probably some who don't find it easy to connect through those informal opportunities and need slightly more structured opportunities.

One of the things that struck me during this meeting was how good CHV is at facilitating organic, authentic relationships. Due to our commitment as an organization to

our members and our community, we are more interested in outcomes than in whether we get credit for those outcomes. For example, a member who was experiencing loneliness and isolation was paired with a CHV Village Connections volunteer. When the time came to renew their membership, they said they didn't need the Village anymore because now they had their “friend,” the Village Connections volunteer. It's beautiful AND it's not great for our sustainability!

Like Jimmy Stewart's character learns in *It's a Wonderful Life*, we all touch and change the lives of others in ways we hardly ever see. That's true for us as individuals as well as organizations. But I hope that CHV doesn't have to disappear or cease to exist to get the love and recognition we all need.

It can be easy to forget the role that CHV plays in helping its members live their best and fullest lives. At the meeting at The Residences, as we discussed whether non-CHV members who lived in the building should be invited to join the listserv, we had to pause and remember that it was CHV that brought us together in that room in the first place and that facilitated some of the activities that residents value. In some ways, that makes us vulnerable as an organization. Like it or not, we are often asked to quantify our impact—unique numbers served, volunteers recruited, etc. We know we're not telling the whole story. When you're talking about quality of life, you're necessarily talking about the invisible, the ineffable; and when you're talking about life in the community, most of which we don't ever see or hear about, it's even harder.

So, help me out here. If you were to consider whether and how your life

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FROM THE BOARD

# It Will Be an Unforgettable Evening at the Gala!

Mark your calendar and purchase your tickets today for the Capitol Hill Village Gala!

CHV's annual Gala is just around the corner—**March 15**. Don't miss out



Linda Pettie

on a spectacular evening filled with **music, dancing, and engaging activities**. Whether you're a longtime resident or new to the community, this is the perfect opportunity

to celebrate, connect, and support a cause that keeps our vibrant neighborhood thriving.

## What's in Store for You?

1. **The Gala Evening — Starry, Starry Night.** Step into an enchanting evening featuring **music, dancing, and interactive activity tables**. Meet our **sponsors** who help make this extraordinary event possible and connect with fellow attendees who share a love for community engagement.
2. **Exclusive Salon Events — Sign Up First at the Gala!** Be the first to sign up for one of our stimulating **Salons**, featuring



Vieques, PR

engaging discussions and intimate gatherings with **esteemed neighbors and experts**.

3. **Getaway Vacations** — Love a good getaway? This year's Gala offers exclusive opportunities to sign up for fabulous vacation experiences — from Vermont to Puerto Rico and west to California.
4. **Online Auction** — Our exciting **two-week online auction** is back on, open for bidding from March 1 through March 16 and featuring gift certificates to restaurants, local services, exercise classes and more.

## Why Should You Support the Village?

"The Village has got your back," was how Lori Genderson so eloquently put it at the Genderson Fund event last summer.

Supporting Capitol Hill Village strengthens a community where neighbors help one another live fulfilling lives. With a volunteer-first



Vieques, PR

approach, CHV provides essential services like case management, transportation, and home maintenance, along with social, educational, and wellness programs, most of which are free and led by members. By contributing, you ensure that older adults can age in place with confidence, staying engaged, supported, and connected in the community they love.

**This is your chance to celebrate, engage, and support** a community that offers events and activities year-round to keep your **mind and body active**.

**Get your tickets today—invite a friend to share this extraordinary experience for an extraordinary cause!**

Tickets and auction items are at <https://one.bidpal.net/chvgala>.

Find many more details on the Gala, auction, and Salons on page 6.

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FROM THE EXECUTIVE DIRECTOR

## Where do you see the Village? *continued from page 3*

is different because you connected with the Village, what would be your response? Is it a friend you've made, an idea or activity you were exposed to, a volunteer service you received? If so, tell us about it so we can continue to build on the best parts of what we do.

You can also help us be more visible to the people around you so that folks

who have not yet joined the Village can see the full picture.

And don't let March go by without showing your support for who we are and what we do by participating in the Annual Gala and Auction. We've made changes to the Gala format over the years to be more welcoming to solo attendees and those who'd rather sit

down for a great conversation with one or two people than shoot the breeze with dozens. If a party is not your thing, participate in the Auction and the Salon Events. There are so many ways to be involved, and we hope you'll find your way there.

# 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.

## Monday, March 10: Georgina Gustin on Disease and Climate Change



Georgina Gustin

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.

Georgina 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 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.

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



Susan Koch

## Tuesday, May 6: David Pelizzari on Collecting Rare and Valuable Books

David Pelizzari has been sniffing out rare books since he could reach his grandfather's Dante on the high shelf, a skill deepened at Yale's Beinecke Library during PhD time.



David Pelizzari

After an earlier career in dramaturgy, communications, and education in France, Canada, New York City, and DC, he now consults for individuals building or dispersing their collections. He has specialized expertise in antiquarian French, Italian, and Latin texts, archival ephemera, contemporary and historical LGBTQ+ materials, and the arts. David is a member of the Washington Rare Book Group, the

Baltimore Bibliophiles, various French and Canadian bibliophilic societies, and serves on the board of the Capitol Hill Restoration Society.



## Sunday, June 8: April Linton — *Why are the Ducks Crossing the Road?*

You may chuckle when you see a Mallard family waddle down the street, but urban-nesting ducks and geese often need our help getting their young to water. That ranges from a simple escort across a busy intersection to a capture and rescue from the rooftop, balcony, or courtyard where the hen chose to nest. [City Wildlife's](#) President and Duck Watch Coordinator April Linton will offer best practices for helping the District's urban-nesting waterfowl and their ducklings or goslings make the journey from nest to water, including how you can get involved.

### 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.

# It Will Be a Celestial Evening at the Gala

*Stars, the heavens, and Greek gods and goddesses will create the backdrop for an evening of fun.*

## What to Expect

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. Expect to see a mix of CHV members, community leaders, and political figures, all coming together to support CHV's services and programs.

After you enter St. Mark's, pick up a program book, and continue inside where you will find food stations and bars, signup sheets for Salon Events, and tables and chairs where you can have a seat. During the evening, you have your choice of the nave where the music and dancing will occur and Baxter Hall (where you entered the church), which will be a quieter area.

## What Should I Wear?

A blend of stars, the heavens, and Greek gods and goddesses offers a lot of creative potential for clothing and accessories. Traditional clothing is fine, of course, so come attired in whatever makes you comfortable.

You can also have some fun and dress as a Greek god or goddess.

- ★ Togas and tunics are the go-to outfits; add symbolic touches like the Greek key pattern for Athena, roses and hearts for Aphrodite, and a lightning bolt for Zeus.
- ★ Sparkling dresses and suits remind us of stars.
- ★ Accessorize with stars, laurel wreaths, gold and silver jewelry, wings or feathers.
- ★ For the really brave, gold or silver sandals.
- ★ For groups, how about godly pairings: matching gold and white



## Important Gala Dates

**March 1:** On-line auction open for bidding [HERE](#)

**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

for Zeus and Hera; sun and moon-inspired clothing for Apollo and Artemis; Astraeus and Asteria, the god and goddess of the stars.

## That's Entertainment

There will be something for everyone at the Gala—whether you are a party animal or prefer peace and quiet.

- ★ **Dance—or just listen**—to songs spun by last year's favorite DJ, Captain Dave Wilbur.
- ★ **Line dancing**—partners not required; Roberta Rothstein and her dancers make a repeat appearance to help everyone get involved!
- ★ Retreat to a **quiet area for conversation**.

- ★ **Visit the photo booth** and make a record of the evening.

Challenge yourself and your friends at activity tables (there will be prizes!):

- ★ **Who's Your Goddess**—can you identify Greek gods and goddesses?
- ★ **What's Your Sign**—see what this board game reveals about you
- ★ **Explore the galaxy**—matching pictures from the Web Telescope
- ★ **Dress like a god or goddess**—we supply the materials, and you supply the imagination!

## Who Should I Come With?

How about coming to the Gala with your own group! Check in with friends and neighbors, explain how

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# It Will Be a Celestial Evening at the Gala *continued from page 6*

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.

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 music and eating good food, others will find a quiet area to chat, activity tables provide opportunity for interaction, others 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!**

## Tell us About the Salons

Seats for Salon Events go on sale at the Gala, and it's not unusual for them to sell out that evening. Check the auction website for details on the speakers on the events.

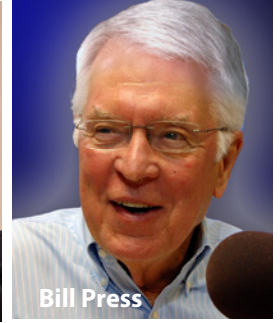
- **Author Louis Bayard**; his new book is *The Wildes*
- **Mike Bower and Michael Werner**; the Eastern Market cheese guy and DCanter wine owner
- **Ryan Brown**, founder of Opera Lafayette
- **Rebecca Fasman**, collections and history curator at the Kinsey Institute
- **DC Councilmember Christina Henderson**: Health Care advocate on the DC Council
- **Melissa Ho**, from the World Wildlife Federation: “the intersection of food, nature, and climate”
- **DC Council Chair Phil Mendelson**



**DC Councilmember  
Christina Henderson**



**Ryan Brown**



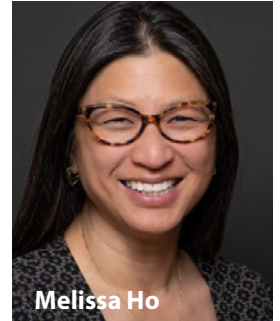
**Bill Press**



**Rebecca Fasman**



**Louis Bayard**



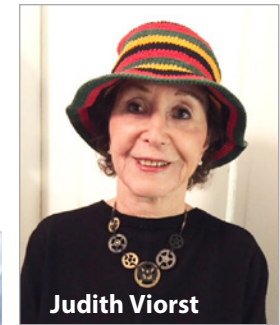
**Melissa Ho**



**Catherine Townsend**



**Tom Hamburger**



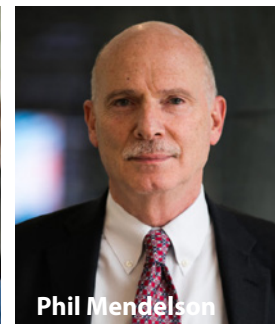
**Judith Viorst**



**Amb. Allan Mustard**



**Reggie Douglas**



**Phil Mendelson**

- **Ambassador Allan Mustard**: “Whither Russia”
- **Tom Hamburger**, Investigative Reporter Keeping them Honest
- **Piedmont Blues musicians**: Blues, Brews, and Barbeque
- **Journalist Bill Press**, radio host, pundit, author; host of Talk of the Hill
- **Reggie Douglas**, Mosaic Theater’s dynamic new Artistic Director
- **Catherine Townsend**, President, Trust for the National Mall, Catherine Townsend: America’s 250th on the National Mall—the Countdown is on
- **Poet Judith Viorst**, humorous observational poetry and children’s literature

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# What's in the CHV Gala On-Line Auction? *continued from page 7*

**Note:** Auction items, including vacation homes, will open for bidding on March 1 on the auction website and close at 8:00 p.m. on March 16.

This is the list at the time of printing, and more items may be added.

## 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.

- Vermont home
- 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
- Rappahannock Getaway
- St. Michaels Boathouse

## Businesses Gift Certificates

Woven History;

Paris Bleu;

Groovy DC;

East City Bookshop;

ReWild;

Capitol Hill Frame & Photo;

Theater tickets from Studio, Ford's, Olney, Signature, Chesapeake Shakespeare Co., Woolly Mammoth, Theater Alliance, and Congressional Cemetery;

Two sets of baseball tickets;

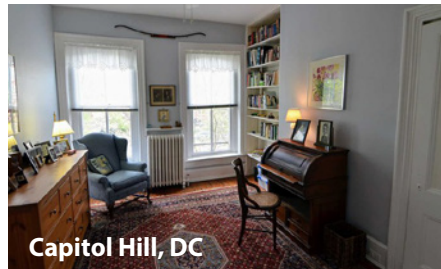
Gifts from the Hill Center;

A board game party at Labyrinth;

Tickets to the CHRS House and Garden Tour.



Sunset at Huntington Beach, CA



Capitol Hill, DC



Rappahannock, VA



Dewey Beach, DE



Condo in Philly, PA



Dewey Beach, DE



Condo in Philly, PA

## Food

Caruso's Grocery;

Chiko;

Jimmy T's;

Pacci's;

Hill East Burger;

La Plaza;

Bistro Cacao;

Safeway;

The Little Grand;

Santa Rosa Taqueria;

We, the Pizza;

Good Stuff Eatery;

District Winery;

Pupatella;

Ruta;

Belga Café.

## Services

Atlas Doghouse;

Bookstore Movers;

Library of Congress tour;

Session with a personal trainer;

Picnic at Congressional Cemetery;

Yoga classes;

Lavender Retreat Wellness Center;

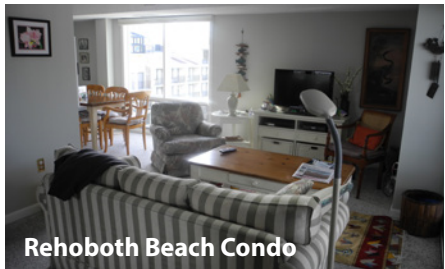
Construction consultation;

Help with hauling.



# What's in the CHV Gala On-Line Auction? continued from page 8

Join us at the CHV Gala!  
 Saturday, March 15,  
 7:00-10:00 p.m.  
 St. Mark's Church,  
 301 A St. SE.  
 Get your ticket and bid on  
 auction items at <https://bidpal.net/chvgala>



## Many Thanks to Our Generous Supporters!

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Sponsors shown are  
 as of the March News  
 press date. All sponsors  
 will be recognized in the  
 April CHV News.

# CHV Memory Studio

Memory Studio is an art and music workshop for individuals with memory loss and respite services for care partners. It will be offered most Saturdays through July. The series includes live music, movement, and art activities inspired by work from the Phillips Collection. Lunch is included.

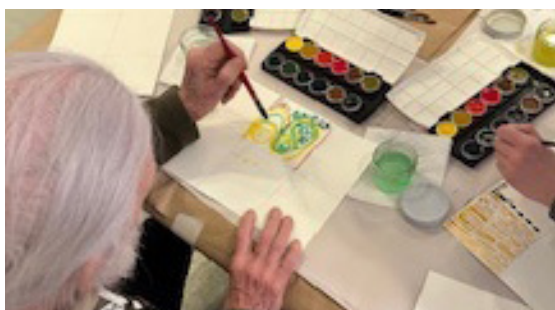
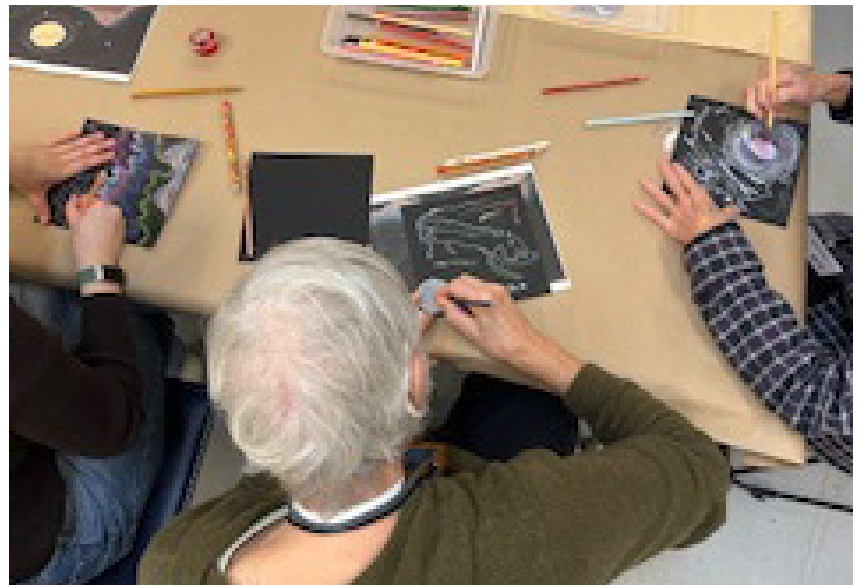
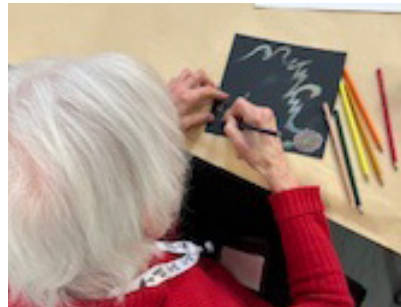
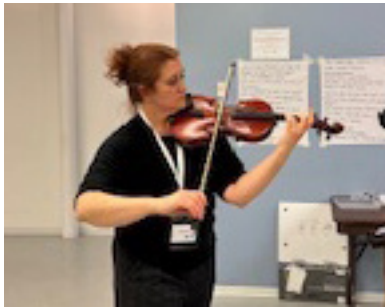
The series provides a creative environment without judgement, where the goal is to be present, have

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 includes a rotating set of supports including an optional support group and opportunities for nurture, like massage.

There is no online registration for this program. Those interested must contact Capitol Hill Village for an assessment of eligibility and an intake interview; call 202-543-1778 or email [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org) and ask for Judy.



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# AI Saves Me Time

By Scott Price

Most of the time, I use artificial intelligence (AI) to handle tasks for me, similar to using a dishwasher instead of hand-washing a full load of dishes. It's about efficiency. You can access a free site at [www.chatgpt.com](http://www.chatgpt.com).

For my holiday cards, I wanted to send each person a meaningful but funny poem that reflected our relationship and shared experiences. I developed ideas for each greeting and used those as prompts for AI. Writing these poems myself might have taken hours or days, but AI created them in seconds—and they were better poems than I could have written.

I'm also planning a two-week trip to France. My goal is to visit charming towns, enjoy local festivals, explore geology, and see castles and historic sites in regions I haven't visited before. I prefer staying in a few locations instead of constantly moving, so I'm looking for areas with clusters of attractions. Instead of spending hours researching, I gave AI my requirements. Literally, in seconds, it suggested the best two-week itinerary, including the ideal lodging locations and events within my travel window.

## Here's a Look at How Interaction with an AI Source Works...

These are examples of the prompts that Scott entered into ChatGPT and the response received, which was followed by details on numerous sites, hotels, events, etc.

**Prompt:** *We are planning a two week-long trip in May 2026 to France, and we want to stay in two different locations that are separated by fewer than 200 miles, for a week at each location. We are interested in food tours, agricultural fairs, artisan craft shows, and wine harvest festivals. Please recommend clusters of events for a trip. We like good food and good wine and geologic formations, but not in alpine settings. What are other criteria we might consider to frame our query?*

This was followed by a response suggesting other criteria to help fine-tune the search.

**Prompt:** *We plan to rent a car and want charming villages. We are flexible about dates, want to visit castles and prehistoric sites. We've been to SW France and would like to view other options. Please identify the two locations and the best two-week window in May 2026 for this trip.*

**Result:** Based on your preferences for charming villages, castles, prehistoric sites, and regions outside of Southwest France, I recommend focusing your two-week trip in May 2026 on the Loire Valley and Burgundy regions. These areas are rich in history, renowned for their wines, and feature picturesque villages.

These responses were followed by details about events, hotels, transportation options and other information that will help Scott plan his trip.

If you're interested in learning more about AI and perhaps clear up some mystery about it, join the DC Villages AI group, which meets virtually at 4:00 p.m. on the first Tuesday of

every month. The next meeting is Tuesday, March 4 Registration link: <https://capitolhill.helpfulvillage.com/events/12568>.

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## A New Reality

In the last month, unprecedented events have taken place at the federal government level, including mass layoffs and firings of federal workers and radical changes to align priorities with the Heritage Foundation's Project 2025. Many of these actions are most likely illegal and have been challenged in court. However, as we wait for these challenges to wind their way through the legal system, many of us, our families, and our neighbors, are suffering. We are also increasingly vulnerable due to the undercutting of

services and systems we depend on for safety and the potential undercutting of our autonomy as residents of the District of Columbia.

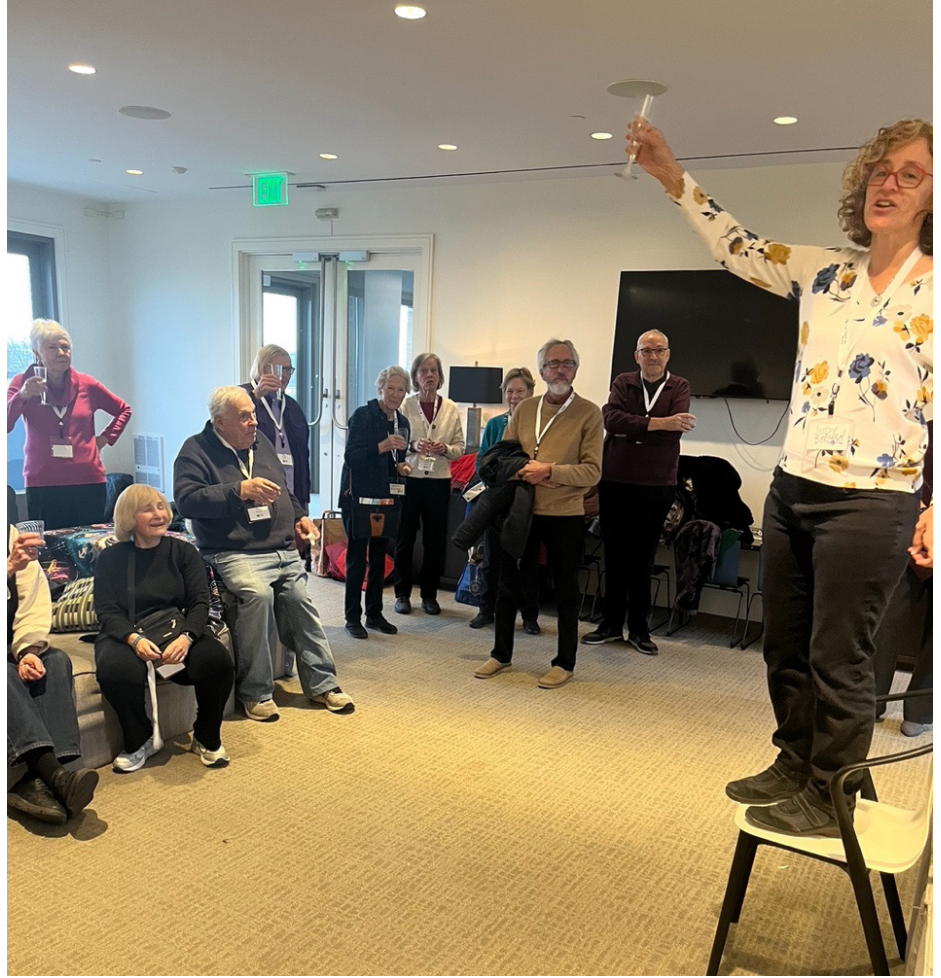
As this process unfolds, please know that Capitol Hill Village is watching for actions that have particular bearing on the health and wellbeing of older adults and intends to share information with the community so that you can better protect yourselves. Because of the deluge of federal actions (and inactions), we invite you to also



share what you're seeing, what you're learning, and the questions you have so that we can learn together as a community and support each other in every way that we can.

# Cheers to Our Volunteers!

The February CHV Happy Hour was a Valentine to our volunteers. Executive Director Judy Berman (should someone call OSHA?) raised a toast to the people who make the Village tick—the volunteers who drive, help out with small household tasks, shovel snow, and keep people company, among other things. Volunteers come in all ages, and many are also CHV members. The next CHV Happy Hour is planned for April 16. Check the on-line calendar for the location.



**Are you interested in volunteering with CHV?**

Use the QR code or contact the office at 202-543-1778.



# A Further Look at LGBT Inclusion in Care Communities

By: *Sophia Ross*

Our deep dive into LGBT inclusion in care communities continues as CHV hosts a virtual panel discussion on April 10 on LGBTQ inclusion in nursing homes and assisted living facilities. Registration is through CHV Helpful Village.



Which brings us to our upcoming panel. CCRC's are just one type of care community, and we want to provide a well-rounded perspective of the options available to DC residents. Nursing homes and assisted living facilities account for the majority of care communities in DC.



- Nursing homes, also referred to as skilled nursing facilities, provide a range of health and personal care services, including nursing care, 24-hour supervision, all meals, and assistance with the activities of daily living (dressing, bathing, etc.).

Assisted living facilities focus on helping residents as needed with the activities of daily living while they continue to maintain as much independence as possible. Typically, a range of care levels are offered, and residents pay according to the level of support they need.

The panel will be composed of:

- **Lionel Taylor**, Assistant Administrator for Carroll Manor
- **Lisa Harfoot**, Director of Resident Services for the Lisner-Louise-Dickson-Hurt Home
- **Donna Gayles**, Community Relations Director for Thomas Circle.

These communities were selected based on location, population served,

and for their work to create welcoming and affirming environments.

For anyone who cannot attend the virtual event, the panel will be recorded and posted on the CHV YouTube channel: <https://www.youtube.com/@capitolhillvillage-DC>.

## Carroll Manor

Located in Northeast DC, Carroll Manor provides personalized care to its residents. Carroll Manor offers skilled nursing, rehabilitation, and memory support services, and is a Medicare/Medicaid-certified community. Although Carroll Manor is a Catholic community, individuals of all faiths are welcome. Learn more about Carroll Manor at: <https://www.ascensionliving.org/find-a-community/carroll-manor-washington-dc>

## The Louise-Lisner-Dickerson-Hurt Home

Located in Northwest DC, the Louise-Lisner-Dickerson-Hurt Home provides health and life care services to low- and modest-income seniors. The idea of having specific homes for lower income individuals stretches back to the early 1900s. LLDH offers affordable housing, assisted living, and rehabilitation services. Learn more at: <https://www.lldhhome.org/>

## The Residences at Thomas Circle

The Residences at Thomas Circle is located downtown in Northwest DC. Thomas Circle offers independent living, assisted living, and memory care. It has an array of social programs, health and wellness programs, transportation services, and more. Learn more at: <https://www.seniorlifestyle.com/property/district-of-columbia/the-residences-at-thomas-circle/>.

First, Let's recap the events we've already hosted for the care community project.

In 2023, we hosted an information session with the DC Office of Human Rights about [DC Law 23-154](#) to protect your rights if you move to a care community in DC. We also talked with representatives from three continuing care retirement communities (CCRCs)—Riderwood, Ingleside, and Sunrise on Connecticut Avenue—about what inclusion looks like in their communities.

In 2024, we heard from professionals about how to identify an inclusive care community. You can view the recordings from these events at: <https://capitolhillvillage.org/lgbt-inclusion-project/>

# Having Trouble Getting to the Library?

By Susan Sedgewick

When the Southeast Library closed, I found that, yes, I could walk from my house to the Northeast Library, but the two-way trip was difficult while carrying books. Now my library books are delivered to my door.

I am happy to report that the DC Public Library Center for Accessibility's "Library by Mail" program works. As a DC Library card holder, I use DCPL's web site to place holds on books I want, and when they become available both the Center for Accessibility and I get an email that my hold is ready.

Then a staff member puts the book in a pouch, and my mail carrier delivers it to my doorstep! Returning books is easy too. I put the book or books in the pouch, turn around the pre-addressed card in the pocket of the pouch so it shows the Library's address, and leave it on my doorstep for the mail carrier to pick up. (I did have to train my carrier to recognize this pouch as outgoing mail. FYI, they learn fast.) There is no mailing charge.

Check out <https://www.dclibrary.org/using-the-library/library-mail>, which includes instructions for applying to use the program. You can call Deborah McKinney at 202-727-2142 or email [DCPLaccess@dc.gov](mailto:DCPLaccess@dc.gov) to apply.



## Who is eligible?

*Washington, DC residents of all ages who are unable to visit the library due to a permanent disability (one year or more), temporary disability (up to one year or less), or underlying health conditions.*

## CONSUMER ADVICE FROM THE FTC

# Freezing? Maybe Freeze Your Credit Too

New year, new chance to think about ways to protect yourself from identity theft. One way is to freeze your credit.

You don't have to wait for your Social Security number or other information to be exposed in a data breach—or misused by an identity thief—to benefit from a credit freeze.

A credit freeze stops lenders from getting into your credit report. Because lenders usually won't give you credit if they can't review your credit report, a freeze can help stop would-be identity thieves from opening new accounts in your name.

Some more things to know:

- Anyone can place a credit freeze, they're **free** to place and lift, and they don't affect your credit score.
- To place a credit freeze, contact the three best known credit bureaus: [Equifax](#), [Experian](#), and [TransUnion](#), as well as [Innovis \(https://www.innovis.com/personal/security/Freeze\)](https://www.innovis.com/personal/security/Freeze) and Lexis Nexis Risk Solutions



(<https://consumer.risk.lexisnexis.com/freeze>)

- Credit freezes last until you lift them. So, if someone needs to check your credit—if you're applying for a new credit card or a car loan, for example—you will need to ask which credit companies they use to conduct their checks and lift the freezes only until the check is complete.

Fraud alerts are another useful tool against identity theft. Learn about the difference between credit freezes and fraud [here](#).

Finally, if you think someone has stolen your identity, go to [IdentityTheft.gov](https://www.identitytheft.gov) to report what happened and get an individualized recovery plan with next steps.

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# March Events List

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Tuesday, March 4, 10:00-10:45 a.m.

## Virtual Event: Cultural Competency Training for Volunteers

CHV invites all volunteers to take our new Cultural Competency training! This 45-minute training will provide you with the skills and language to respect and affirm LGBT+ Village members. Led by CHV's Sophia Ross, there will be time to watch and discuss the training and take a quiz on what you've learned. Also offered March 19. See story on page 2.

*Volunteers and members.*

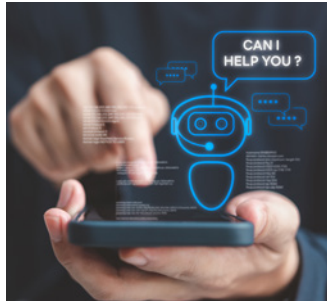
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Tuesday, March 4, 4:00-5:00 p.m. **\*New Affinity Group**

## Virtual Event: Artificial Intelligence Group

The agenda will include:

- demonstration of Google's NotebookLM and its ability to summarize text;
- discussion of a method to complete complex queries in multiple AI tools so the results can be compared or combined;
- discussion about how AI has been helping elder villages, and village challenges for which AI might offer some assistance.



CHV, in cooperation with other DC Villages, formed an affinity group about Artificial Intelligence (AI). The 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.

Register at: <https://capitolhill.helpfulvillage.com/events/12568-dc-villages-artificial-intelligence-affinity-group>.

*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. 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](mailto:asmith@capitolhillvillage.org) or (202) 543-1778.

*Open to all.*

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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. 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.** They can go in the regular trash.

**No large appliances.** 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](mailto:info@capitolhillvillage.org). When you register, please indicate quantity and what you have to be picked up.

*Members Only*

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Thursday, March 6, 2:00 p.m.

## Virtual Event: Defending DC Democracy

Attorney Jeffrey Handwerker, Partner at Arnold & Porter in DC, is a board member of DC Appleseed which has been a leader in protecting and advancing political and budgetary autonomy for the District of Columbia. Jeff and his firm, along with a team of attorneys from other DC law firms, have been enlisted to help address the current attack on DC autonomy. Join us to hear about the avenues available to DC to protect Home Rule, how this work is currently being

▶ continued on page 16

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## March Events *continued from page 15*

organized, and how DC residents might be able to support these efforts. Register [here](#).

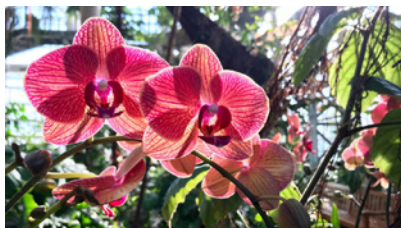
*Open to all.*

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Sunday, March 9, 10:30 a.m.-12:30 p.m.  
U.S. Botanic Garden, 100 Maryland Ave. SW

### 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, explore the US Botanic Garden via audio tour and learn about their special annual orchid exhibit “Orchids: Masters of Deception.” Join us afterward for an optional pay-your-own coffee/lunch nearby.

*Open to all.*

---

Monday, March 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.*

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Monday, March 10, 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 5.

*Open to all.*

---

Tuesday, March 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, March 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, March 12, 1:00-3:00 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.*

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Thursday, March 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.*

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### 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.



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# March Events *continued from page 16*

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Thursday, March 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, March 13, 5:30-7:00 p.m.  
Residences at Eastern Market Library, 333 Eighth St. SE

## Cinephiles

Check the CHV online calendar for the films to be viewed. Bring a dish to share or a beverage (soft drink or wine).

*Members only.*

---

Friday, March 14, 9:00-11:00 a.m.  
Your Home

## Goodwill Pick-up

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

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

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

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

*Members only.*

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Saturday, March 15, 7:00-10:00 p.m.  
St. Mark's Church, 301 A St. SE

## Starry, Starry Night—Capitol Hill Village Gala

You're invited! CHV staff, board, members and volunteers have planned a wonderful party for you! See story on pages 1 and 6-9 for all the details of a night of music, food,



entertainment, and the opportunity to engage with and meet friends and neighbors.

Get your ticket to the stars and bid on auction items at <http://bidpal.net/chvgala>.

*Open to all.*

---

Monday, March 17, 1:00 p.m.  
Tunncliff's, 222 Seventh St. SE

## Wyze Guyz

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

*Members and volunteers.*

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Tuesday, March 18, 4:30-6:00 p.m.  
Library at The Residences at Eastern Market Library; 333 Eighth St. SE. (Eighth St. entrance)

## Village Literary Club

**Sign up by Noon, Monday, March 17.**

In March, the Village Literary Club topic is: "What Else Are You Reading?" Members should come prepared to talk about a book they have recently enjoyed.

*Members.*

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Tuesday, March 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](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.



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# March Events *continued from page 17*

Wednesday, March 19, 5:00-5:45 p.m.

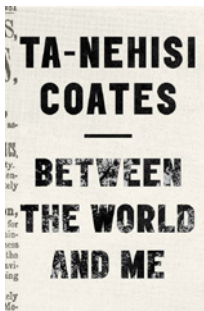
## Virtual Event: Cultural Competency Training for Volunteers

CHV invites all volunteers to take our new Cultural Competency training! This 45-minute training will provide you with the skills and language to respect and affirm LGBT+ Village members. Led by CHV's Sophia Ross, there will be time to watch and discuss the training and take a quiz on what you've learned. See story on page 2.

*Volunteers and members.*

Thursday, March 20 1:30-3:00 p.m.

## Virtual Event: Anti-Racism Reading Group



We will continue reading *Between the World and Me* by Ta-Nehisi Coates. 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.

*Open to all.*

Friday, March 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](mailto:asmith@capitolhillvillage.org) or call 202-543-1778.

*Open to all*

Monday, March 24, 3:00-4:00 p.m.

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

See the March 10 entry for more information.

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

Thursday, March 27, 2:00-4:00 p.m.

Labyrinth, 645 Pennsylvania Ave. SE

## Games and Puzzles

No serious games are played; we are there to have fun; no reservations required, just come. See March 13 entry.

*Open to all.*

Thursday, March 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.

*Open to all.*

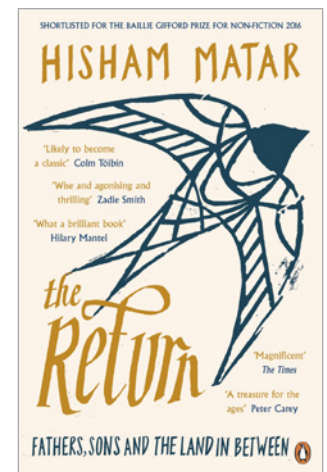
Thursday, March 27, 3:00-4:00 p.m.

The Lockwood Conservatory, 1339 E St. SE



## History and Biography Book Club

We will discuss *The Return* by Hisham Matar. When Matar was a 19-year-old university student in England, his father went missing under mysterious circumstances. Hisham would never see him again, but he never gave up hope that his father might still be alive. Twenty-two years later, he returned to his native Libya in search of the truth behind his father's disappearance. *The Return* is the story of what he found there.



Winner of the Pulitzer Prize and acclaimed memoir about fathers and sons, a legacy of loss, and, ultimately, healing. One of *The New York Times Book Review's* 10 best books of the year, and 100 Best Books of the 21st Century, winner of the PEN/Jean Stein Book Award, and a finalist for the National Book Critics Circle Award and the *Los Angeles Times* Book Prize

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# March/April Events *continued from page 18*

The Pulitzer Prize citation hailed *The Return* as “a first-person elegy for home and father.” Transforming his personal quest for answers into a brilliantly told universal tale of hope and resilience, Matar has given us an unforgettable work with a powerful human question at its core: How does one go on living in the face of unthinkable loss?

*Members.*

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Sunday, March 30, 3:00-5:00 p.m.  
Theater Alliance, 340 Maple Dr. SW

## CHV Theater Group: *American Fast*

The theater group will see *American Fast* (running March 20-April 14 at Theater Alliance): Women’s Basketball. March Madness. American Ramadan—a young Muslim woman balances the pressures of faith, fame, and family in a thrilling, fast-paced intergenerational examination of what it means to be true to yourself.

Sign up online, then buy tickets and see the play on your own. CHV members are encouraged to see the play together on Sunday, March 30 at 3:00 p.m. followed by supper at 54 Noodles Bar, 1101 Fourth St. SW.

*Members.*



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Tuesday, April 1, 4:00-5:00 p.m. **\*New Affinity Group**

## Virtual Event: Artificial Intelligence Group

See March 4 entry. Register at: <https://capitolhill.helpfulvillage.com/events/12568-dc-villages-artificial-intelligence-affinity-group>

*Open to all.*

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Wednesday, April 2, 3:30-4:30 p.m.

## Virtual Event: What We’re Hearing

See March 5 entry. Please contact Alex Smith with any questions or concerns: [asmith@capitolhillvillage.org](mailto:asmith@capitolhillvillage.org) or (202) 543-1778.

*Open to all.*

---

Tuesday, April 8, 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.

*Open to all.*

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Tuesday, April 8, 7:00-8:00 p.m.

## Virtual Event: Voices with 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. See story on page 5.



*Open to all.*

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Wednesday, April 9, 12:00-2:00 p.m.

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

## Get Your Groove On

See March 12 entry.

*Members and volunteers.*

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Wednesday, April 9, 1:00-3:00 p.m.

Private Home

## Poetry Readers

See March 12 entry.

*Members and volunteers.*

# Ongoing Events

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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.*

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# March and Ongoing Events continued from page 19

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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.

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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](mailto: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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Mondays, 12 Noon-1:00 p.m.

Capitol Hill Towers, 900 G St. NE

## Mindful Monday—Peer Recovery Support Group

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

*Open to all.*

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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.*

### 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.

Mondays, 3:00-5:00p.m.

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.*



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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.*



▶ continued on page 21

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# Ongoing Events *continued from page 20*

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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](mailto:asmith@capitolhillvillage.org) or 202-543-1778.

*Open to all.*

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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.

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

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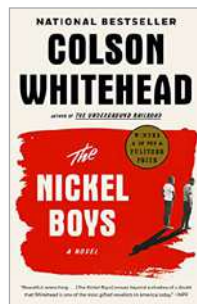
Tuesdays, 2:00-3:00 p.m.

## 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](mailto:info@capitolhillvillage.org) to be added to the group or for information on starting your own group.

*Members and volunteers.*



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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.*

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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.

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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.*



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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.*

# Starry, Starry Night

Please Thank and Support Our Generous Sponsors

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