



VILLAGE NEWS



Honoring Black History Month, Capitol Hill Village nabbed some private tours of the Frederick Douglass House, a National Historic Site located in Anacostia. Douglass was a social reformer, abolitionist, orator, writer, statesman, and an important leader of the African-American civil rights movement in the 19th century. The Villagers are pictured with National Park Ranger Matt on the front steps of the home that offers sweeping views of the DC skyline.

Community Foundation Fetes CHV's Advocate-in-Chief

By Jane Lang

“Sine qua non” is perhaps the best descriptor for Susan Sedgewick. Since 2017, Susan has played the “but for” role in organizing, defining, and delivering Capitol Hill Village’s positions on policy issues important to Capitol Hill



residents. It is not an exaggeration to say that it is Susan who has assured that the voice of the Hill has been heard on issues ranging from sidewalk repair to city budgets.

Characteristically, Susan minimizes her role, describing herself as a “scheduler” and “support person” for the CHV advocacy function. She has, indeed, played these roles. However, she has also pondered “how do you make a dent in the policy world?” and dedicated herself to mastering this skill. Recognizing the alignment of the interests of older Capitol Hill residents with those of the neighborhood at large, Susan has broadened the scope of CHV’s policy impact.

Mastering Advocacy

Susan’s voracious appetite for learning enabled her to take on the advocacy role and to play it with effect. She

▶ continued on page 2

No Cloudy Skies at CHV Gala

Stars were everywhere at the Capitol Hill Village Gala at St. Mark’s Church. In the decorations, adorning some of the attendees, and in the salute to sponsors and honored volunteers. Most importantly, the community came together to support critical CHV programs and services that help older adults stay healthy, engaged, and independent.

Thank you to CHV members, volunteers, and community friends for showing your commitment to our mission through your purchase of tickets and auction items for the Gala.

We appreciate the members and volunteers who helped plan the event, sell sponsorships and secure auction items, register guests, set up and break down Gala decorations, and lead the

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CHV's Advocate-in-Chief Feted *continued from page 1*

unfailingly asks good questions: "Is it worthwhile to participate" in an issue? "How do we coalesce our ideas" with those of other advocates? "How do we break into the discussion" of issues that impact seniors on the Hill? Who has "the substantive knowledge" to best articulate our interests? By asking these questions, Susan has been able to identify and enlist local experts to provide essential substantive input.

She has also mastered the quintessential element of advocacy: "the tenacity to keep on top of" policy and political action.

In the Room Where it Happens

"Advocacy work is constant—you have to be a squeaky wheel," Susan says. It is this dedication that has secured a place for CHV at the table during the critically important update of the City's Comprehensive Plan. During that process, she worked hard to ensure recognition of the needs and concerns of older adults. The expansion of continuing care options beyond the boundaries of Northwest remains at the top of her list, especially in the face of redevelopment opportunities at the RFK stadium site.

Advocacy work was new to Susan in 2015 when she first connected with



CHV. A CIA computer and telecom expert, she successfully engineered a career in a male dominated field.

"It's really nice," she notes with understatement, "to have female colleagues" in her CHV advocacy work. She generously shares credit for the effective work done on behalf of CHV by others, citing the contributions of the former and current Executive Directors, Molly Singer and Judy Berman; former CHV board members Mary Procter and

Trish Thomson; founder Geoff Lewis; and the new advocate-in-chief Lee Reno. She takes pleasure in the variety of issues and procedures she has had to learn about, as well as the range of interesting people she's met in the process over the years.

The Future Challenge

Reflecting on her work, Susan notes that it's a challenge "to keep the message fresh," when the process of formulating policy "moves like molasses." We must be able to say that we did more than "attend another meeting and stamp our feet," she says.

"Acting as a catalyst," the Village has played an important role in City planning, and *Susan would like to see CHV double down on the importance of planning by older Capitol Hill residents.*

"We all need to prepare," she says. "The reality is that there comes a day when we're not able to be active, but we still want to have a good quality of life. The Village is the key thing" in managing the arc of aging."

Kayaking returns in May!



The Capitol Hill Village kayak affinity group will start paddling again for the summer on May 21, departing from the Bladensburg Waterfront Park, 4601 Annapolis Rd.

This year we will have group outings from Bladensburg Waterfront Park, Fletchers Boathouse, and on the Occoquan River in Virginia. Typically, we rent single or tandem kayaks (\$30-\$45) for a two-hour leisurely trip down the river. No experience is necessary—just a sense of adventure.

Sign up in the CHV on-line calendar.

CAPITOL HILL VILLAGE

To reach us:

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

info@capitolhillvillage.org

<https://www.capitolhillvillage.org>

Capitol Hill Village

1355 E Street SE

Washington, DC 20003

Connect with CHV at:



To **unsubscribe**, please send an e-mail to 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!



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

Shining Stars Make a Universe



Judy Berman

Well, the stars and planets aligned on March 15. We had a great Gala! It was fantastic to see so many members of our community together. It was an intergenerational

evening—we even had some teens in the mix! The outfits were sparkly, some were silly (looking at you, Bruce Brennan, see right), all were enchanting. It was a joyful evening, and I think I'm not alone in feeling that I really needed that shot of joy.

Whether or not you were able to attend, I hope you will take a look at the long list of sponsors and donors (on page 6) and appreciate that CHV is truly a community effort. We all want a neighborhood that is welcoming and age-friendly, a community where older adults thrive along with our neighbors. Working together every day, CHV and our supporters strive to make that a reality. So, thank you to

- ★ Gold Sponsors—the **Jeanne Phil Meg Team**.
- ★ Silver Sponsors—**Gary & Michael Real Estate, National Capital Bank, and Yarmouth Management**. And all our Bronze Sponsors and Friends.
- ★ The many donors who are hosting salon events and contributed vacation homes and gift certificates to the auction.

We stand tall because we stand with these pillars of our community.

I also want to give a huge thank you to the Gala Committee and all the volunteers who came out to assist both in the planning and on the night of. It's a long list so bear with me:

- ★ First thanks to our fearless leaders, **Ceci Albert, Karen Stuck** and **Linda Pettie**. They divided and conquered (or should I say "slayed"?). The planning committee



consisted of CHV members and volunteers: **Bruce Brennan, Donna Breslin, Nancy Broers, Merritt Chesley, Lynne Holland Church, Don Denton, Genie Hutinet, Mary Kaniewski, Dawn Nelson, Sam Pastore, Mary Procter, Susan Sarfati, Cathi Smith, Karen Szala, and Gillian Timon**. Thank you one and all!

- ★ And our pre-party and Party Night volunteer Crew, with guidance and support from CHV's **Mary Bloodworth** and **Jenna Jones**, included **Pope Barrow, Amber Jones, Kirsten Oldenburg, Deborah Hanlon, Anne Phillips, Buck Waller, Maya Williams, Sarah Jackson, Abby Alder Pierson, Caroline Alder Pierson, Erin Fernandez, Benjamin Campbell, Jill Lawrence, Sandra Warren, Sophia Showalter, Felix Nienstadt, Robin Blum, and Rob Cooke**. (If I've left any names off, my sincerest apologies!!)

It's amazing what it takes to make a single night a success, and for many of us, it was a single night of fun. But it's always been clear to me that the Gala (and Auction and Salon Events) are as much about the process of pulling them all together as they are about the results. It's people working together on a project that has meaning—everyone who gives gets to choose which of their talents and skills they would most

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FROM THE BOARD

Think About Our Neighbors



Stan Soloway

The stunning, and often frightening, current assault on every aspect of government, coupled with expected deep budget cuts, has taken hold of our

emotions and our lives. On a personal level, I believe it is dangerous, reckless, in some cases illegal and highly ill-conceived. Obviously, I am far from alone in those beliefs. It is also true, of course, that others have a different view. However, what is not debatable is that the endgame, whatever it is, will have a foundational impact on what our government looks like and does for many years to come.

But my objective here is not to litigate the specifics of what we are witnessing. Rather, it is to focus on our community—our friends and neighbors, including but not limited to the Capitol Hill Village membership, current and future. First and foremost, we worry for our neighbors whose livelihoods may be at risk. And we worry for our city and the brewing storms it faces. Beyond that, I also think about friends and neighbors who spent their entire careers in public service, dedicated to work they believe really mattered, only to be told now that they are or were the problem, that their service didn't matter, that

somehow what they did was not important.

I think about friends who spent their careers at EPA, only to have the new administrator declare that EPA's mission is to provide Americans with cheaper cars. I think about friends and neighbors who have devoted their lives to humanitarian assistance in some of the most austere and challenging parts of the world, only to see the current Administration walk away from vital economic, nutritional, environmental, and health initiatives. I think of our friend the nurse who spent decades working in public health; the neighbor who literally helped write the most important healthcare legislation in decades; the acquisition professionals, labor, diplomatic and housing experts; and so many others. And it is impossible not to feel angry for them.

I have not spent my career as a public servant, but I have had the opportunity to serve as a political appointee at the Department of Defense, as a member of the Board of AmeriCorps, and most recently on the Defense Business Board. Through those experiences and other work, I have had the privilege to work with remarkable people who have devoted themselves to public service with professionalism, knowledge, and dedication. I learned quickly that just about every one of them recognizes the abject need to innovate and transform often arcane government systems

and practices. And I learned that without their experience, insight, and engagement, meaningful and smart change is impossible.

What we see is being waged mostly by people who know little about how government actually works—or do not care. They are simply intent on reshaping government to fit preconceived notions and political ideology—experience, laws, and ethical norms be damned. In so doing, they are also demonstrating a callous disregard and disrespect for people, who, like so many of our neighbors, have spent their careers in service. No matter one's political perspectives, that is wrong and for those individuals, it has to be painful.

Elon Musk has said that the greatest weakness of our democracy is its empathy. I think the exact opposite is true. A little more empathy and a little more listening is just what we need today. Our community has a lot to say and could make a real difference if only those in power would take the time to listen to them. Meanwhile, the rest of us should find whatever ways we can to remind our friends and neighbors that their work matters—a lot.

Stan Soloway joined the Capitol Hill Village Board in October 2024.

FROM THE EXECUTIVE DIRECTOR

Shining Stars Make a Universe *continued from page 3*

enjoy using, and every contribution is a part of something much bigger. From decisions about the date and venue, to what drinks to serve and what the centerpieces should look like, to laying out the program and deciding on the run of show—each is part of a larger

movement of older adults creating the environment in which they can live their best lives. The Gala is an excuse, an example, a showcase of what the Village movement is all about. In my mind, it's pretty phenomenal.

Thank you to all who participated—as guests, planners, bidders, sponsors, donors, volunteers, servers—you all are contributing to making Capitol Hill the best place to live a long life.

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.

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



Susan Koch

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.

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. 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.



David Pelizzari

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.



Monday, June 9: 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.

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.

New! Defending Democracy Affinity Group

The new Capitol Hill Village affinity group, **Defending Democracy**, is up and running! Our first efforts are focused on protecting DC's budget and participating in the demonstration scheduled for April 5. Keep

an eye on the on-line calendar for information about the next meeting. For more information, contact **Barbara Fox** at BSF5929@gmail.com or 508-259-5929.

No Cloudy Skies at CHV Gala *continued from page 1*

activity tables, and performed other tasks throughout the evening that kept the party running smoothly.

The Gala planning committee consisting of CHV members and volunteers: Ceci Albert, Bruce Brennan, Donna Breslin, Nancy Broers, Merritt Chesley, Lynne Holland Church, Don Denton, Genie Hutinet, Mary Kaniewski, Dawn Nelson, Sam Pastore, Linda Pettie,

Mary Procter, Susan Sarfati, Cathi Smith, Karen Stuck, Karen Szala, and Gillian Timon.

The pre-party and Party Night volunteer Crew, with guidance and support from CHV's Mary Bloodworth and Jenna Jones: Pope Barrow, Amber Jones, Kirsten Oldenburg, Deborah Hanlon, Anne Phillips, Buck Waller, Maya Williams, Sarah Jackson, Abby Alder

Pierson, Caroline Alder Pierson, Erin Fernandez, Benjamin Campbell, Jill Lawrence, Sophia Showalter, Felix Nienstadt, Robin Blum, Sandra Warren, and Rob Cooke.

A big thank you to our sponsors—they are the lifeline for the Gala. They will appreciate your patronization of their businesses.

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Many Thanks to Our Generous Supporters!

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MEG

COMPASS

SILVER

GARY +
MICHAEL
real estate team



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Buck Waller &
Michael Hash

Capitol Hill Dentistry
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ENGAGED LIVING
An Ingleside Community



the Lockwood

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SANJU MISRA, PRINCIPAL



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Cecilia Albert
Bruce Brennan
Gail Kohn
Caroline Shook
Stan Soloway

Karen Stuck
Roxanne Walker &
Beth Wadsworth
Borger Residential

Dr. Langley Bowers,
DDS East Capitol
Dental
Gingko Gardens
Jade Fitness

Joel Nelson Group
Merlino Construction
Dr. Ash Rastogi, Capitol
Hill Dental Arts

The Residences at
Thomas Circle
Universal Title

No Cloudy Skies at CHV Gala *continued from page 6*

The silent auction yielded more benefits as bidders snapped up gift certificates from restaurants, theaters, and businesses and the opportunity for a vacation stays in interesting places. Thank you to these auction donors.

THANKYOU!

Vacation Homes

Buck Waller and Michael Hash
Cynthia Whittlesey
John and Susan Sedgewick
Doug Berman and Sip Siperstein
Karen Stuck
Deborah Hanlon
Louise and Bruce Brennan
Gary Jankowski and Michael Schaeffer
Ulrike Reichert
Dawn Nelson
Mary Procter and Bill Matuszeski

Silent Auction Items

Capitol Hill Restoration Society
Studio Theatre
Ford's Theatre
Olney Theatre
Signature Theatre
Woolly Mammoth Theatre
Chesapeake Shakespeare Company
Cathy Landry and Hank Brothers
Theater Alliance
Labyrinth Games & Puzzles
Hill Center
Historic Congressional Cemetery
National Capital Bank
Bruce Brennan
Michael Hash and Buck Waller
Hill East Burger
Pacci's Trattoria
Bistro Cacao
LaPlaza
Safeway



Maury Stern
Santa Rosa Taqueria
Good Stuff Eatery
We the Pizza
Nancy Deck
Karen Stuck
District Winery
Belga Café
Trattoria Alberto
Jab We Met Indian Kitchen
Pupatella
Ruta
Linda Pettie
Café Berlin
Young Chow Restaurant
Paraiso Taqueria
Sanphan Thai Cuisine
Sonoma Restaurant and Wine Bar
Tunncliff's Tavern
Woven History
Paris Bleu
Elizabeth Nelson
Groovy DC Cards and Gifts
East City Bookshop
Capitol Hill Frame and Photo
W.S.Jenks & Son
REWILD
Atlas Doghouse
Thomas Brennan

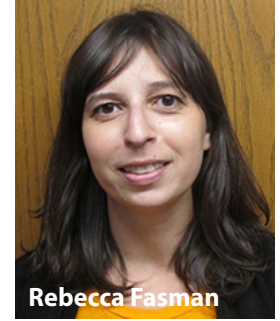
BookStore Movers
Robyn-Hinson-Jones
Susan Sedgewick
Victor Maldonado
Waterside Fitness and Swim Club
St. Mark's Yoga Center
Nancy Deck
Keil Construction
Native Beauty Co.
Reformation Fitness
Goodman Johnson Greene Law Group
Anacostia Riverkeeper
Elizabeth Baudhuin
Pure Barre
Barrel
City Dogs
Jade Fitness
Onelife Fitness
Butterworth's
Hawk and Dove
Lola's
Talay Thai
Bullfeathers
Mosaic Theater
Bernadette and Jim McMahon
Carol Press
Bryn Bryant, Empire Racquetball

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Last Chance to Attend a Salon Event

Salon events, held in conjunction with the annual Gala, are a great opportunity for intimate conversation with interesting guests, and as usual, many of them sold out at the Gala. However, a very few seats may remain for these events:

- ★ April 19 **Rebecca Fasman** discusses the art collection at the Kinsey Institute
- ★ April 24 **Ryan Brown** of Opera Lafayette will enchant you with tales of the opera world!
- ★ April 26 **Blues, Beer & Barbecue**, the only salon with live music!
- ★ April 27 **Wine & Cheese Tasting** with local merchants **Mike Bowers** of Bowers Fancy Dairy Products and **Michael Warner** of DCANTER
- ★ May 1 **Catherine Townsend**, President & CEO of the Trust for the National Mall
- ★ May 6 **Reggie Douglas**, Mosaic Theater's new artistic director!



We also thank the other Salon speakers and the hosts.

SALON EVENT SPEAKERS

- Louis Bayard, author
- Tom Hamburger, *Post* investigative reporter
- Christina Henderson, DC Councilmember
- Melissa D. Ho, World Wildlife Federation
- Phil Mendelson, DC Council Chair
- Allan Mustard, former Ambassador
- Bill Press, journalist
- Judith Viorst, poet

SALON EVENT HOSTS

- Nancy Broers and Chuck Burger

- Donna Chapman and Tom Chapman
- Lynne Church
- Steve and Maygene Daniels
- Don and Jean Denton
- Stephanie and David Deutsch
- Deborah Edge and Neal Mann
- Etta Fielek
- Phil and Sarah Guire
- Sheridan Harvey
- Linda Pettie
- Mary Procter and Bill Matuszeski
- Lee and Gina Reno
- Susan and Joel Sarfati
- Cathi and Phil Smith
- Karen Stuck
- Abby Yochelson and Wally Mlyniec



Celebrating National Pet Day

Do you live with a furry, feathered, or scaly friend?

In honor of National Pet Day on April 11, Capitol Hill Village wants to spotlight the animals that bring joy to your life. We're inviting you to submit photos of your pets to be featured on our social media platforms—Facebook and Instagram.

Whether it's a solo shot of your pet or a photo of you together, we'd love to see them! Please feel free to include a brief description with your submission, featuring your pet's name, age, and any fun or unique facts about them.

Email your photos by April 9 in PNG or JPG format to Sophia Ross at ross@capitolhillvillage.org.



Send CHV photos of your pet by April 9.

Need help taking a photo of your friends? Call the Village! 202-543-1778

Gardenpalooza Returns May 3

Spring has sprung, and so have the weeds!

Capitol Hill Village volunteers are ready to help you with some outdoor spring yard cleaning on Saturday, May 3, from 9:00 a.m. to 12:00 p.m. Sign up online and let us know what type of work needs to be done

(weeding, pruning, planting, etc.), and we will match you with our team of green thumbs.



Sign up at: <https://capitolhill.helpfulvillage.com/events/12984>.

Click the "Purchase Tickets" button, then select "Member" or "Volunteer." The "tickets" are free; this is just a way of identifying your specific needs.

Questions? Need help signing up? Contact the Village at info@capitolhillvillage.org or call 202-543-1778 Ext. 103.

Gardenpalooza!

Saturday, May 3
9:00am – 12:00pm

(held from 9:00am to 12:00pm)



Are you interested in volunteering with CHV?
Use the QR code or contact the office at 202-543-1778.



Volunteers of the Year Honored

Two Capitol Hill Village volunteers were honored at the 2025 Gala.



Dawn Nelson

I moved back to the Hill in 2007 and saw an opportunity to get involved with Capitol Hill Village. One of my most memorable early volunteer assignments was reading to a vision impaired person who introduced me to a lot of literature that I would have never chosen on my own.

I began working in the CHV office matching members who needed a service with a volunteer who could provide it and registering people for

affinity groups; I followed the office through several locations, watching as the staff and membership grew. At that point, I decided I should become a member too so the organization would still be there when I needed help.

There is a huge need for volunteers to drive members, help with tech issues or small household tasks, run errands, etc. Now, I follow up to make sure services have been done, deliver the monthly newsletter, stuff envelopes, and for the last couple of years help with Salon Events and auction for the Gala. These volunteer opportunities have introduced me to CHV members and been so rewarding.

Abby Yochelson

After 34 years as a reference librarian in the Main Reading Room at the Library of Congress, Abby retired in 2023. This gave her the time to make new friends through the Capitol Hill exercise group and to become an active volunteer for Capitol Hill Village. She has been a reading mentor at Shirley Chisholm Elementary School (formerly Tyler) for more than 10 years through the Everybody Wins DC program, and recently became an editor with the Overbeck Capitol Hill



History Project. Abby is a Washington native; she's lived on Capitol Hill since 1985; she enjoys theater, dance, cooking and hosting parties, and has had a life-long addiction to reading.

Here's what Village members say: "Abby is a fairy godmother—appearing almost out of the sky—cheerful, ingenious, kind, understanding, full of ideas, always willing." "You sent me Abby Yochelson to help me with groceries I can no longer carry, to take me shopping with her, to call me when she shops to see if I need anything, to let me email her with my needs that just came up."

"Yappy Hour" Anyone?

Keith Morris and Ann Manheimer would like to host a Capitol Hill Village Yappy Hour, which is a happy hour for you and your pooch! The date is May 1 at Mr. Henry's, 601 Pennsylvania Ave. SE in the afternoon. Check the CHV on-line calendar for exact time and other details.

If you would be interested in attending, contact Ann at amanheimer917@gmail.com or Keith at kmorris811@gmail.com.



2025 Gala: All Things Celestial



Upcoming Salon Events

Interesting speakers are on tap for this month's Salon events, which first went on sale at the CHV Gala. Here's the line-up; some seats may still be available (See story on page 8.)

- **April 19** [Rebecca Fasman](#) discusses the art collection at the Kinsey Institute
- **April 24** [Ryan Brown of Opera Lafayette](#) will enchant you with tales of the opera world!
- **April 26** [Blues, Beer & Barbecue](#), the only salon with **live music!**
- **April 27** [Wine & Cheese Tasting](#) with local merchants Mike Bowers of Bowers Fancy Dairy Products at Eastern Market and Michael Warner of DCANTER
- **May 1** [Catherine Townsend](#), President & CEO of the Trust for the National Mall
- **May 3** [Phil Mendelson, DC Council Chair](#)
- **May 3** [Louis Bayard, author](#)
- **May 6** [Reggie Douglas](#), Mosaic Theater's new artistic director!

April Events List

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

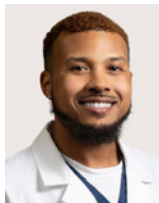
Virtual Event: Artificial Intelligence Group

CHV, in cooperation with other DC Villages, has form 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.

Open to all.

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

Virtual Event: What We're Hearing



Our guest speaker will be **Lawrence Thigpen**, an Engagement Manager with Cochlear Americas who will present on several topics including various types of hearing loss and cochlear implants. This is a summary of his background:

As a dedicated Hearing Instrument Specialist, I am passionate about empowering individuals to hear their best. With a strong understanding of hearing loss and the latest advancements in hearing technology, I take pride in providing personalized solutions to enhance quality of life.

There will be time after the presentation for questions and general group discussion.

Open to all.

Thursday, April 3, 1:00-3:00 p.m.

Northeast Neighborhood Library, 330 Seventh St. NE

GYPIO Information and Kickoff

Get Your Papers in Order (GYPIO) is a CHV initiative to help members prepare and gather important information, documents, and tools that could be helpful for loved ones and first responders if the member needs assistance.

We will start with an informational session provided by **Lizzy Kosin**, CHV Director of Care Services, **Sanju Misra**, Misra Law, and CHV member **Sheridan Harvey**. Then, attendees will be assisted in organizing GYPIO small groups to work on the documents and informaiton.

Open to all.



Lizzy Kosin



Sanju Misra

Thursday, April 3, 5:00-6:30 p.m. ***New Affinity Group**

Private Home

Defending Democracy Group

The CHV Defending Democracy Group aims to serve as a clearinghouse for information about upcoming events, provide points of contact for CHV members interested in other political groups, brainstorm ways to support local initiatives, and, of course, provide a friendly and supportive group to help us get through the current unsettling events together.

Members and volunteers.

Saturday, April 5, 10:00 a.m.-12 Noon

Great Ward 6 Spring Clean



Councilmember Charles Allen's office is again coordinating the Great Ward 6 Spring Clean. This year, Capitol Hill Village will be a host site where volunteers gather to receive supplies and instructions. Let's show our Ward 6 and CHV pride as we make our neighborhood shine.

[Register through the CHV on-line calendar.](#)

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April Events *continued from page 12*

Monday, April 7, 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.

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. Additionally, we are all encouraged to form and maintain a team of support and communication with friends and family.

Open to all.

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.



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.

Wednesday, April 9, 2:00-4:00 p.m.

Private Home

Poetry Readers

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

Members and volunteers.

Thursday, April 10, 10:30 a.m.-11:30 a.m.

Capitol Hill Towers, 900 G St. NE

Tech Training with Mary

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.

CHV staffer Mary Bloodworth will fill in for Myles this month. We will look at how to submit DC 311 requests with the app and answer your tech questions.

Members only.



Mary Bloodworth

Thursday, April 10, 1:00-3:00 p.m.

Virtual Event: LGBT+ Inclusion in Nursing Homes and Assisted Living

Capitol Hill Village invites you to attend a panel discussion on LGBT+ inclusion in nursing homes and assisted living facilities, featuring representatives from Carroll Manor, the Lisner-Louise-Dickson-Hurt Home, and The Residences at Thomas Circle. Panel members will address how these communities are working to ensure LGBT+ residents are welcomed and affirmed.



Sophia Ross



This event is part of Capitol Hill Village's multi-year project focused on LGBT inclusion among long-term care communities in the DC area. To learn more, go to: <https://capitolhillvillage.org/lgbt-inclusion-project/>

Open to all.

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April Events *continued from page 13*

Thursday, April 10, 1:30-?
Capitol Hill Towers Library, Fourth Floor

Audio Book Club **Reimagined and Restarting*

James Sanders is re-vamping the Capitol Hill Towers Book Club to the CHV Audio Book Club affinity group, to accommodate members who are visually impaired. The club will operate as a traditional book club, but with an audio component where some sessions will be listen only followed by discussion. The club will meet on the second Thursday of every month. Suggestions for audio books are always welcome. [Register here.](#)



Members.

Thursday, April 10, 2:00-4:00 p.m.
Labyrinth, 645 Pennsylvania Ave. SE

Games and Puzzles

Join other CHV members and their friends for two hours of game-playing fun. The staff at Labyrinth will help us pick out new and familiar games. No serious games are played; we are there to have fun; no reservations required, just come.

Open to all.

Thursday, April 10, 5:30-7:00 p.m.
The Residences at Eastern Market Library, 333 Eighth St. SE

Cinephiles

Participants should view as many of the following films as possible, although the list is subject to revision based on film availability: *Mickey 17*, *There's Still Tomorrow*, *Seven Veils*, *No Other Land*; Classic: *On the Town*. Bring a dish to share or a beverage (soft drink or wine).

Members only.



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

Goodwill Pick-up

NOTE: Signup deadline is 12:00 Noon, Wed., April 9

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.

Sunday, April 13, 2:30 p.m.
Washington Stage Guild, 900 Massachusetts Ave. NW



CHV Theater Group

The April selection for the Theater Group is *Sophonisba* running from April 10 through May 4. A student of Michelangelo, Sophonisba was one of the first known female artists and one of the first to establish an international reputation. A young Italian noblewoman, she spent 20 years at the Royal Court of Spain, navigating the tricky waters of court politics. It's a play about the hunger for creation, of birth and of art and what it costs.

Sign up on Helpful Village, then buy tickets and see the play on your own. CHV members are encouraged to see

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April Events *continued from page 14*

CHV Theater Group *continued*

the play together on Sunday, April 13, followed by supper at Unconventional Diner, 1207 Ninth St. NW.

Members only.

Tuesday, April 15, 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, April 16, 3:30-4:00 p.m.

The Lockwood Conservatory, 1339 E St. SE

New Member Orientation

Members only.

Wednesday April 16, 4:00-6:00 p.m.

The Lockwood Conservatory, 1339 E St. SE

CHV Happy Hour

Let's Take a Spring Break! The CHV BYOB Happy Hour is open to members and their friends or invitees. The focus is on having great conversations and making new connections. And we will celebrate Spring and the end of an incredibly cold winter. *Pastels and Easter bonnets are optional, but encouraged.*

Feel free to bring a nibble to share; cups and napkins will be provided.

Thursday, April 17, 10:30 a.m.-2:30 p.m.

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

Outing to the National Gallery of Art— Walk, View, Eat **Resuming for Spring!*

Join other CHV members for a walk to the National Gallery of Art. Once at the museum, which has no admission charge, you can move at your individual pace. Choose your own viewing agenda and WOW! there are so many options! Along with the amazing permanent collection there are

many special exhibits (check the gallery's website for current exhibits at: <https://www.nga.gov/exhibitions/current.html>).

At 12:30 p.m. we will meet in the Cascade Cafe for lunch together, then walk back up the hill, or you can resume your own gallery viewing.

Open to all. Please register.

Friday, April 18, 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.



Alex Smith

Open to all

Saturday, April 19, 9:00 a.m.-12:00 p.m.

Your Home

Hazardous Waste Pick-up

Note: Registration closes Wednesday, April 16

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.

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April Events *continued from page 15*

Hazardous Waste Pick-up *continued*

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, April 19, 2:30–5:00 p.m.
MLK Jr. Library, 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, it will be join an afternoon of fun and friendly competition; bring a board game or pick from one of ours. This event will occur in Conference Room 401-D at the King Library.



Important: Attendees will have access to N95 masks if needed. This event will be located in conference rooms accessible via any of the Library's four elevators. Attendees with visual impairments may download Goodmaps, an assistive app, to navigate the library.

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

Open to all.

Monday, April 21, 1:00 p.m.
Tunnichliff's, 222 Seventh St. SE

Wyze Guyz

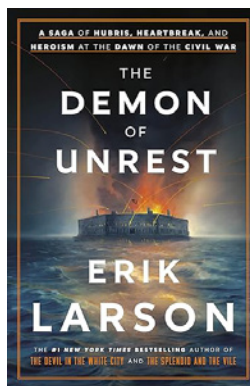
Join other men in an informal, Dutch-treat gathering at Eastern Market's favorite pub, Tunnichliffs, to get to know each other better and relax over tavern fare and good conversation.

Members and volunteers.

Tuesday, April 22, 4:30–6:00 p.m.
Library at The Residences at Eastern Market; 333 8th St. SE.

Village Literary Club

In April, the Village Literary Club will read Erik Larson's *The Demon of Unrest: A Saga of Hubris, Heartbreak, and Heroism at the Dawn of the Civil War* (2024, 592 pp). The Literary Club has read and enjoyed several of Larson's



books. This one focuses on the period right before the Civil War—on secession, on South Carolina and Fort Sumter, and on Lincoln's inauguration and the first months of his term. It includes fascinating histories of some of the major players in this dramatic period: southern planter politicians and military leaders, as well as more well-known figures like James Buchanan, Jefferson Davis, and

William Seward. It is a long book with lots of detail, but, as usual, Larson is good at keeping our interest in a story that most of us are not familiar with.

Members. Sign up by noon, April 21.

Monday, April 21, 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 April 7 entry.

Open to all.

Thursday, April 24, 2:00–4:00 p.m.
Labyrinth, 645 Pennsylvania Ave. SE

Games and Puzzles

Join other CHV members and their friends for two hours of game-playing fun. The staff at Labyrinth will help us pick out new and familiar games. No serious games are played; we are there to have fun; no reservations required, just come.

Open to all.

Thursday, April 24, 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.

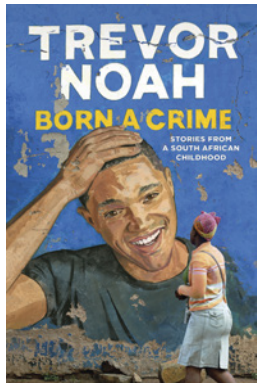
► continued on page 17

April / May Events *continued from page 16*

Thursday, April 17, 1:30-3:00 p.m.

Virtual Event: Anti-Racism Reading Group

We will read *Born a Crime: Stories from a South African Childhood* by Trevor Noah. This is an autobiographical



book written by South African comedian Trevor Noah, published in 2016. The book focuses on Noah's childhood growing up in his native South Africa after he was born of an illegal interracial relationship during the apartheid era. The book was a bestseller and has received overwhelmingly positive reviews.

Open to all.

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

Virtual Event: Learn to use the 311 App

Learn to use the DC 311 app to request services from DC. Yard waste, rodent inspection, sidewalk repair, parking violations, and residential bulk trash collection—it's all here! The app can be downloaded on Android or iOS (Apple).



Members and volunteers.

Saturday, May 3, 9:00 a.m.-12 Noon

Your home

Gardenpalooza

Spring has sprung, and so have your weeds! CHV volunteers are ready and willing to help you with some outdoor spring yard cleaning. If you have any questions or need help signing up, please contact the Village office at info@capitolhillvillage.org or call 202-543-1778 x103. See story on page 9.

Members and volunteers.

Monday, May 5, 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 April 7 entry.

Open to all.

Tuesday, May 6, 7:00-8:00 p.m.

Virtual Event: Voices with 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. See story on Page 5.



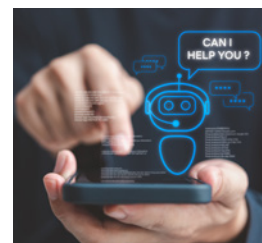
Open to all.

Tuesday, May 6, 4:00-5:00 p.m.

Virtual Event: Artificial Intelligence Group

**New Affinity Group*

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.

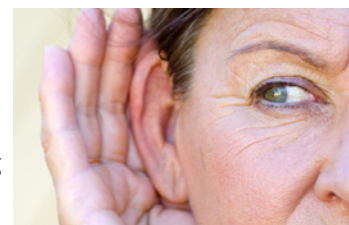


Open to all.

Wednesday, May 7, 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.

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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

The 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.

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.

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.

Capitol Hill Towers, 900 G St. NE

Soul Vibrations

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, 12:00 noon–1:00 p.m.

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

Ongoing Events *continued from page 18*

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.

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.

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.

Saturdays, 11:00 a.m.–3:00 p.m. ***No Session April 19**

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.

Teaching Artist Nephelie Andonyadis leads a program of music and art including live music, movement, and art activities inspired by work from the Phillips Collection. 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.

2025 JON GENDERSON MEMORIAL FUND

Wine Reception

Support the Genderson Fund!

Join Capitol Hill Village in celebrating the legacy of Jon Genderson with a donation of any amount to the Jon Genderson Fund, which supports lower-income neighbors to join and receive all the benefits of CHV membership. **Donors of \$150 per person or more are invited to a wine reception on June 1.** Through the generosity of the Genderson Family, all donations and ticket purchases are fully tax deductible.

You can buy tickets and make donations [HERE](#) or use the QR code..

Donate \$150 or more per person and join us for a Wine Reception.



Sunday, June 1, 2025
2:00–4:00 p.m.

The Residences at Eastern Market,
777 C Street, SE, WDC 20003

RSVP online by Friday, May 23, 2025
or use the form that you will receive
in the mail.



Capitol Hill Village
1355 E Street SE
Washington, DC 20003