



# VILLAGE NEWS



Capitol Hill Village's Memory Studio workshop combines music, movement, and art in a program designed by teaching artist Nephelie Andonyadis to create a safe space for participants experiencing memory loss. In the photo above, participants visit The Phillips Collection. Artwork created by participants will be on display in the Capitol Hill Art Walk Sept. 13-14. See story on page 10.

## It's Time to Get Moving

By Sofia Gonzalez, CHV Summer Volunteer

**Get Your Move On! 2025 kicks off on Saturday, September 27, at 10:00 a.m. at the Eastern Market Metro Plaza.** Capitol Hill Village will promote the importance of staying active as we age. The event, which ends around noon, will feature music, dance, food, community sponsors, and a demonstration of Recharge &

Restorative Yoga with Capitol Hill Village's Robin Blum.

CHV seeks local community organizations that promote fitness and well-being to sponsor GYMO. If you are interested, contact Jenna Jones at [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org).

If you miss the kickoff don't worry. All year long Capitol Hill Village offers an array of Affinity Groups (like the petanque group shown

here) that promote physical and mental health, with fun often thrown in. See page 6 for a listing of existing CHV affinity groups, ideas for new groups, and information on how some members are getting fit at the gym.



## Solo Ager? You are Not Alone

Capitol Hill Village is partnering with Corewood Care Aging Life Care Managers to present a six-week series on solo aging starting September 24 at the Townhomes on Capitol Hill, 750 Sixth St. SE. Sessions will run from 1:00 to 3:00 p.m.



Lizzy Kosin

Solo agers are described as anyone over 50 who lives alone, is not presently married or partnered in a long-term relationship, and has no living children.

The series is guided by a workbook (provided) and videos to supplement learning materials. Each week will center on a different topic specific

► continued on page 2

### IN THIS ISSUE

Solo Ager?, cont.; CHV Releases Report on LGBT Inclusion in Senior Living Facilities p. 2  
 From Judy: We Will Prevail, p. 3  
 From the President: Taking a Look at the RFK Proposal., p. 4  
 Village Voices: Fall Schedule is Set, p. 5  
 CHV Offers Myriad Ways to Keep Moving!, p. 6  
 Myriad Ways to Keep Moving! cont., Capitol Hill Art Walk, p. 7  
 Watermelon Summer Social; Meeting You Where You Are, p. 8  
 Build Your Protection Against Scammers; New Season for Second Wind p. 9  
 Memory Studio Revives Memories, pp. 10–11  
 Confused About Medical Alert Systems?, Put Your Best Smile Forward, p.12  
 Capitol Hill Village Pride Celebration, p.13  
 September Events List, p. 14  
 Ongoing Events List, p. 19  
 Get Ready to Get Your Move On!, p. 22

---

## Solo Ager? You are Not Alone *continued from page 1*

to solo aging, with the focus on planning for the future. Participants are encouraged, but not required, to attend each session.

The sessions will be:

- **September 24:** introduction to solo aging and what to expect from this series
- **October 8:** your social networks and other social supports
- **October 22:** healthcare decision-making and end-of-life choices

- **November 5:** aging in place
- **November 19:** alternative choices
- **December 3:** summation of the overall program

In addition, CHV will hold virtual meetings between each of the in-person sessions to facilitate further discussion on common topics related to being a solo ager. More information to come!

According to recent census data, nearly 26 million Americans are solo

agers, and that number is expected to grow in coming decades.

For more information about the program, contact **Lizzy Kosin** at 202-543-1778/ext 103, or via email at [lkosin@capitolhillvillage.org](mailto:lkosin@capitolhillvillage.org).

Sign up through the on-line Helpful Village calendar or by contacting CHV at 202-543-1778 or [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org).

---

## CHV Releases Report on LGBT Inclusion in Senior Living Facilities

By Sophia Ross

Over the past two years we have updated you on our efforts to address the lack of easily accessible information on LGBT inclusion among senior living communities in DC. Today we are sharing our biggest update yet.

Capitol Hill Village has released *DC Senior Living Communities: A Resource on LGBT Inclusion*. This is a comprehensive resource designed to help LGBT older adults, caregivers, and loved ones make informed decisions when navigating senior living options. The information comes from aging professionals, the educational events and panels we've hosted, and our work directly contacting representatives from DC's senior living communities to learn about LGBT inclusion in their community.

What can you find in this resource?

- Tips for evaluating a community's inclusiveness
- LGBT+ specific financial, legal, estate planning, and advanced planning resources



- Resident rights under DC Law 23-154
- Survey responses from 10 DC senior living facilities and contact information

This resource is **the first DC specific resource about LGBT inclusion in care communities**, filling the gap for DC residents and others. We hope to help decrease fear and worries by providing information directly from care communities about inclusivity. Whether at home or in a senior living facility, we want our members to be able to age with respect and dignity.

To pick up a physical copy of the resource, stop by the CHV office Monday thru Friday between 9:00 a.m. and 5:00 p.m. or check it out online at: <https://capitolhillvillage.org/lgbt-inclusion-project/>

### Mark Your Calendars!

**Bisexual Visibility Day** is on September 23! Check out our past coverage and elder highlights in the September 2024 CHV Newsletter at: [https://capitolhillvillage.org/wp-content/uploads/2024/09/09-2024\\_CHVNews.pdf](https://capitolhillvillage.org/wp-content/uploads/2024/09/09-2024_CHVNews.pdf)

Join Capitol Hill Village for the **2025 LGBT Intergenerational Extravaganza** on September 13 from 12:00 Noon to 4:45 p.m. at the DC Center for the LGBT Community. This event will focus on connecting, building relationships, and having fun with LGBT folks from other generations through discussions and activities.

Don't miss out on this exciting and free event! To register contact **Sophia Ross** at [sross@capitolhillvillage.org](mailto:sross@capitolhillvillage.org) or call 202-543-1778.



## CAPITOL HILL VILLAGE

### To reach us:

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

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

<https://www.capitolhillvillage.org>

Capitol Hill Village  
1355 E Street SE  
Washington, DC 20003

Connect with CHV at:



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

To **become a member**, go to [www.capitolhillvillage.org](http://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](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.

Please consider CHV in your estate planning. Call Judy Berman for further information.



CHV #8066



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*  
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

# We Will Prevail



Judy Berman

Last December I wrote about the threat to Home Rule that we were facing under the new administration. Today, some of my worst fears have come true. Home Rule is under threat not just legislatively, but militarily. Our city is under occupation by a force — a group of forces — over which we have no control. Our Black and Brown neighbors, always vulnerable to over policing, are now facing an even more dangerous challenge: a rogue set of uniformed agents, coming from multiple agencies without a clear line of command, who have been quietly authorized to use whatever means necessary to increase the number of people in detention and to make a "show" of force.

This is not ok.

What is clear is that the individuals behind this drama do not understand the community of Washington, DC, a community that is exemplified by CHV and the other villages. The fact that one of the leaders of the current administration referred to older adults protesting as "stupid white hippies" manifests not only an ugly strain of ageism, but a genuine ignorance of just how powerful older adults of all races can be. DC consists of neighborhoods, not just monuments, and neighbors who care about one another and look out for one another. We will not take this threat to our dignity and our autonomy lightly. Indeed, the people of DC have been showing up en masse with video cameras, satirical artwork, knowledge of our constitutional rights, and noise. The whole country is watching, and we are showing other cities how to respond to this kind of threat. And I believe we will prevail, even if it takes time.

But behind this very visible "show" of force, there are other choices being made that threaten our way of life. For example, a new COVID vaccine was just issued (glory be!) but access to it will be restricted. Those of us over 65 are authorized to get it, but others must have a condition that puts them at "high risk." The ageist assumptions behind this policy are obvious. What is being ignored is that those 65 and older do not live in bubbles, especially those who participate in Villages. By definition we are part of intergenerational communities, neighborhoods, where old and young people mix and play and take care of one another. If any of us get sick, we risk getting others sick. While a virus like COVID-19 may not put one of us in the hospital, we risk spreading it to others who, despite access to the vaccine, may become very ill.

These policies have been coupled with a severe retraction of investment in medical research and international health. The combination means that we are at even greater risk of new health threats. I don't say this to be alarming, but rather to emphasize that more and more, our health and well-being depend on our connections with each other. We must keep ourselves informed and up-to-date, and we must reject the idea that our health is only about individual choices.

We will face this together as the new policies and practices roll out and figure out how to keep one another safe. We will show up with joy in our shared community spaces (wearing masks if necessary) and celebrate the diversity of our neighborhoods and the power of being older and experienced and caring less what others think. We will invest in our future selves by being physically active and cultivating a sense of belonging among our neighbors. To me, this is what it means to be part of a Village.

# Taking a Look at the RFK Proposal



Maury Stern

It's hard to believe that I have served as President of the Capitol Hill Village Board for almost a year.

Over the last year, I have really enjoyed meeting

many of you at CHV events and around the neighborhood. During this time, **the organization has grown its membership and continued to grow programming and events**, all of which are big accomplishments especially in the wake of headwinds that others on the Board have discussed in previous months. The Board and CHV leadership continue to work diligently to respond to and plan for how we continue to operate at a high level with more and more federal influence in our city coupled with reduced sources of grant funding.

Although I have a lot of thoughts on the current challenges, I want to focus this column on what I view as an opportunity: the redevelopment of the RFK site. As I mentioned to the Board at our last meeting, **we are very focused on ultimately figuring out more diverse housing options for our constituents so that everyone can continue to age in the neighborhood and not be forced to move elsewhere.**

To do this, development needs to occur in or near the neighborhood. For something to be built on a scale that could house seniors at various stages in their lives, significant land is needed. Given the density of single-family homes and, rightfully, no desire to change the zoning of the residential portions of our neighborhood, **I do not see any opportunities with large enough parcels of land for such development, other than at RFK.**

---

*"I do believe that this is a once in a generation opportunity to shape the landscape of our neighborhood in a way that can directly impact our membership and their long-term housing needs."*

---

I know many of you have varying views of another stadium coming to our neighborhood, but I would urge you to look at and consider the possible benefits it has to us. DC Councilmember Wendell Felder has done a very good job of advocating for his constituents and negotiating the final Community Benefit Agreement (CBA).

Per Councilmember Felder's most recent newsletter, some of the highlights of the CBA are:

- \$3.0 million grocery subsidy.
- \$50 million community benefits agreement
- Recreation and workforce opportunities for our youth
- The Fields at RFK will remain open throughout the entire process
- Residential parking protections for neighbors
- Activating the open spaces on campus, including plans for a Sportsplex, skate park, pole vaulting area, and dog parks
- \$500,000 for Community Development Organizations in Ward 7
- Job opportunities and workforce development for returning citizens

- Funding for community events and ticket access

I have read through the CBA and, in addition to Councilmember Felder's highlights, I was pleased to see a focus on achieving LEED Platinum Status, connecting with the river, and making sure that all development is sustainable in light of climate changes.

I further believe that there is **an opportunity for us to advocate for senior housing as part of the redevelopment, which is planned to include up to 6,000 new housing units** in the "Riverfront District" along the Anacostia and just east of our membership boundary. Much in the CBA addresses the need for affordable housing and assistance with first time home buying—all needed within our community. But I do think there is a unique opportunity to also include long-term senior housing.

The Commanders have indicated that the majority of the housing will be for rent which would allow for a wide range of options for seniors. I have thoughts on what form this housing could take, but **hope that in the coming months we can better understand what our members and other stakeholders are looking for so that we can use our efforts efficiently to advocate for diversity of housing on the site.**

I do believe that this is a once in a generation opportunity to shape the landscape of our neighborhood in a way that can directly impact our membership and their long-term housing needs. A lot of work still needs to be done by the city and by the Commanders to ensure that a viable neighborhood emerges around the stadium, but I have hope and confidence that this will occur as we move into the next phase of the redevelopment.



## VILLAGE VOICES

# Fall Schedule is Set

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

**Tuesday, September 9,  
Astrid de Vries**



Having lived in Haiti and worked in an orphanage there, Astrid de Vries was deeply concerned about the future of the young people when they leave the facility. In 2019, she founded Kids Connection Haiti “to support a very specific target community: young women and men from 18 to 25 years old who grew up in extreme poverty, whether from orphanages, homelessness, child slavery situations, or coming from Haiti’s most challenging slums. KCH welcomes them all and provides support for the next step in life.” With the tragic chaos in Haiti, her efforts are a bright spot in the lives of these youngsters.

**Tuesday, October 7, Jill Strachan**

Jill Strachan was born in Athens and spent her childhood accompanying her U.S. Foreign Service parents



to posts in Pakistan, Egypt and Sri Lanka. As an adult she had a career working with nonprofit organizations, including as director of the Capitol Hill Arts Workshop. She has written a book of 22 essays titled *Boundaries Borders Crossings—One Lesbian Life 2.0*, which tracks her experiences growing up in other cultures and the enduring impact of a world perspective, adapting to lesbian culture in the 1980s, and coping with the AIDS crisis. Village Voices will hear her reflect on these themes of social concern and social change.

**Wednesday, November 12,  
Melissa D. Ho**



With over 25 years of experience as a scientist, program manager, and policy advisor, Melissa

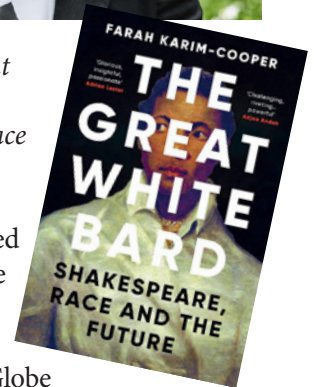
D. Ho works at the intersection of global development and conservation of natural resources. Why should we care about what we eat and where it comes from? Her goal is to ensure that people—local and Indigenous communities especially—are at the center of solutions for climate and nature. With expertise in food systems transformation, fresh-water resilience, and climate finance, she will forecast what she sees in our food future: just before the big food events of Thanksgiving and year-end holidays.

**Tuesday, December 2, Farah Karim-Cooper**

The director of the Folger Shakespeare Library will talk about her recent



book “*The Great White Bard: Shakespeare, Race and the Future*.” Karin-Cooper previously served on the executive leadership team at Shakespeare’s Globe in London.



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

## Easy Rider Can Help You Navigate DC With Confidence

*Learn transportation tools and tech to get where you need to go.*



Checkout the Easy Rider videos at:  
<https://www.youtube.com/@Easyrider-DC>

# CHV Offers Myriad Ways to Keep Moving!

Capitol Hill Village wants its members to keep moving at a pace and schedule that fits their lifestyle and physical ability. Check out these activities—and see if something fits your interests and needs. Don't be afraid to leave your comfort zone a bit.

A complete listing of affinity groups with time and place of sessions is on the CHV on-line calendar (Helpful Village). That's where you can sign up, which is a good idea so that leaders know how many people to expect and so you get any last-minute updates about location changes or other details. For more information and to register for any of these affinity groups please visit <https://capitolhill.helpfulvillage.com/events>.

These times and locations reflect the schedule when this issue was published. They sometimes change, so check the on-line calendar for the latest information.

## Qigong

You will be guided through gentle exercises centered around mindfulness, breathing, and balance. This class is designed to reduce stress and improve your overall sense of well-being. Thursdays 10:00-11:00 a.m. at The Residences at Eastern Market on its 6th floor (777 C St, SE). Contact Maygene Daniels at [danielsmf@comcast.net](mailto:danielsmf@comcast.net).



## Recharge & Restorative Yoga with Robin Blum

Looking to recharge and restore your body? Robin leads a mix of standing and sitting yoga poses that target the spine and improve balance. This class is available on Mondays and Thursdays via Zoom from 4:00-5:00



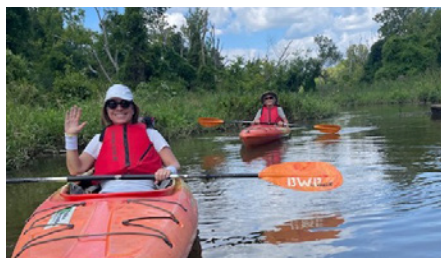
p.m. You don't have to be a member of the Village to join! Contact Robin at [blum50@comcast.net](mailto:blum50@comcast.net).

## Pétanque

For a fun, low-key game with a bit of friendly competition, stop by Pétanque! This French game is simple to learn and a great way to enjoy some fresh air with friends. Mondays 9:30-10:30 a.m. in Canal Park at the Navy Yard. Contact Paul Cromwell at [pcromwell23@gmail.com](mailto:pcromwell23@gmail.com).

## Kayaking

The Capitol Hill Village kayak group puts its oars in the water most spring, summer, and fall months. Outings from Bladensburg Waterfront Park



explore the Anacostia River and Kenilworth Aquatic Gardens; from Fletchers Boathouse explore the Potomac River; or enjoy the Occoquan River in Virginia. Typically, single or tandem kayaks are rented (although some people have their own) for a two-hour leisurely trip on the river. No experience is necessary—just a sense of adventure.

## Easy Strollers

Now that the temperature has cooled a bit, you might want to consider increasing your walking—one of the easiest low-impact exercises that can help improve your health. The CHV Easy Strollers are a great way to begin. Mondays 9:30 a.m. at the Eastern Market north plaza. We walk about 20 minutes at an easy pace, so it is suitable for all.



Those who want to walk for a shorter time can simply drop off when they want.

Our strolls are a great way to notice the fine details of the architecture of Hill homes and the beauty of our gardens. Those of us who walk regularly find it is a great way to begin the week. Walking has helped several of us recover from various leg surgeries and injuries that might otherwise keep us less active. And we have made new friends while doing that.

## Bicyclists Wanted

CHV members and volunteers who would like to form a new bicycle group should sign up with the CHV office at [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org) or 202-543-1778. The group would take some short rides of 3-5 miles and some longer rides of more than 10 miles on local trails. Bicycles in good repair and helmets are required.



▶ continued on page 7



# Myriad Ways to Keep Moving! *continued from page 6*

At the Get Your Move On! kickoff on September 27, CHV is partnering with Achilles International, which provides adaptive bikes for older adults and people with disabilities who need an alternative set of wheels to keep moving. Come check them out!

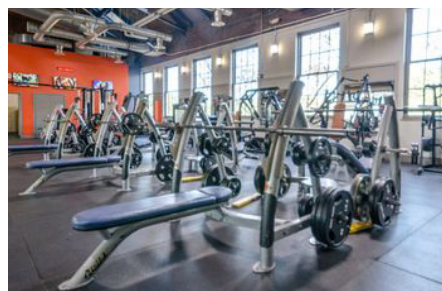
## Tai Chi



This ancient practice of Tai Chi is great for improving balance, flexibility, and learning to slow down and be present in the moment. Mondays 11:00 a.m.-12:00 Noon at The Residences at Eastern Market on the 1st floor (777 C St, SE). In the class, the leader will go step by step, ensuring everyone is hitting the positions correctly. If you are new to the art of Tai Chi, contact Susan Ades at [susancades@gmail.com](mailto:susancades@gmail.com) and arrive at 10:45 a.m. to get an understanding of the exercises before starting.

## The Gym Rats

Some CHV members have joined a class called “Forever Strong” at OneLife Fitness. This class began in Garfield Park during COVID and consists of an hour of stretching, aerobics, and weight bearing and balance exercises designed for active older adults—although younger class



members get a good workout too. Two trainers now offer the class so no two classes are quite the same—good variety, good exercise and good company, according to Ceci Albert.

## Outing to the National Gallery of Art

Join other CHV members for a walk to the National Gallery of Art on the third Thursday of most months at 10:30 a.m. Once at the museum, you can move at your individual pace viewing the permanent collection and



current exhibitions. At 12:30 p.m. we meet in the Cascade Cafe for lunch together, then walk back up the hill to resume our own gallery viewing.

## Capitol Hill Art Walk

On September 13 and 14, from noon to 4:00 p.m., take a walk around Capitol Hill to view the work of more than 100 artists and crafters at locations in parks, front yards, studios and homes. Check <https://www.hillrag.com/2025/07/15/art-walk-2025/> for information.

In addition to **Memory Studio** participants showing their work (see story on page 10), these CHV members will be showing their works:

- **Tara Hamilton**, 113 10th St. NE (back yard)
- **Karen Zens**, 113 10th St. NE
- **Nan Raphael**, 1020 E. Capitol
- **Donna Breslin**, 1000 North Carolina
- **Ann Geracimos**, 821 Independence Ave.
- **Lynne Holland**, 637 D St. SE
- **Carolyn Rondthaler**, 629 Navy Pl.
- **Kay Elsasser**, CHAW, 545 7th St. SE
- **Sarah Rouse**, 107-117 5th St. NE
- **Memory Studio Artists**

Check this site for a complete list of artists and a map of the displays (shown at right): <https://www.hillrag.com/wp-content/uploads/2025/07/ArtWalk2025Map.pdf>



---

# Watermelon Summer Social



What better way to enjoy summer than with a Watermelon social, especially since National Watermelon Day occurs in August. CHV members and friends gathered at Capitol Hill Towers to enjoy chicken and salad, courtesy of Pamela Johnson, along with Watermelon slices.



---

## Meeting You Where You Are

*By Jenna Jones*

This year, Capitol Hill Village staff visited Affinity Groups to make connections with participants and be available to members. The idea is to help members get to know office staff and our roles while staff learn about the affinity groups as a whole and connect with members participating in their chosen activities.

In 2025, staff members visited: Tai Chi, Meditation, Poetry Readers, Recharge & Restorative Yoga, Cinephiles, Seniors Defending Democracy, Mahjong, Games and Puzzles, Easy Strollers,

Anti-Racism Reading Pod, Taking Care of Yourself: A Group for Men, Pétanque, Wyze Gyze, and the Village Literary Club.

“I truly enjoy being around members and getting a chance to explain the work I do,” said Jenna Jones, CHV’s Administrative Coordinator. “My most recent visit was the Pétanque group. Paul Cromwell took me under his wing and taught me how to throw the ball and, importantly, how to win! (Just kidding, but we did walk away with bragging rights.)”

In some cases, the Affinity Groups have had two CHV staff members visit at different times; we are beginning to repeat the cycle, sometimes through Zoom and other times in person.

“Staff office hours with our Affinity Groups have been a great opportunity for members to get to know what we are up to and vice versa, said Sophia Ross, CHV’s Digital Media and Grant Program Strategist who also creates and oversees the LGBTQ+ programming.

“I love seeing the Village in action and hearing from our members.”

Lizzy Kosin, who became the Director of Care Services in January adds, “I have enjoyed being in different CHV spaces and meeting new people during office hours. It is Care Services’ mission to promote inter-dependence within our community knowing that we will ebb and flow among types of support we need as we live our lives. Being known to the CHV community through office hours is just one way to share who we are and what we do and hopefully reduce barriers so folks will be more inclined to ask for help when they need it.”

Be on the lookout for a CHV staff member at your next affinity group meeting. We are making the rounds and will be going to other groups at some point in the rest of 2025. A special thanks to the affinity group leaders for welcoming staff at your meetings!



Sophia Ross joined a session of Mahjong.



---

# Build Your Protection Against Scammers

**Have you gotten a call that looks like it's from your local police department?** Scammers are faking [caller ID](#) to [impersonate](#) local law enforcement, hoping to get you to pay.

Even if the caller uses the name of a real officer, has a real number show up on [caller ID](#), or has information about you (like your address), that's not a real officer calling. It's a scammer trying to steal your money. Here's what to know:

- Real law enforcement officers won't call to say you're going to be arrested (or threaten to arrest you if you hang up).
- Real law enforcement officers won't call to insist that you pay fines by cash, [gift card](#), [cryptocurrency](#), [payment app](#), or a [wire transfer service](#) — and

never as a way to buy your way out of a "crime."

If you get a call like this, hang up. Don't call the number back. If you want to check it out, contact your local police department, but use a website or phone number you know is real. Then report it to the Federal Trade Commission at [ReportFraud.ftc.gov](#).

**What to do if you paid someone you think is a scammer, or if you gave a scammer your personal information or access to your computer or phone.**

- [If You Paid a Scammer](#)
- [If You Gave a Scammer Your Personal Information](#)
- [If a Scammer Has Access to Your Computer or Phone](#)



## Report a Scam to the FTC

When you report a scam, the FTC can use the information to build cases against scammers, spot trends, educate the public, and share data about what is happening in your community. If you experienced a scam — or even spotted one, report it to the FTC at [ReportFraud.ftc.gov](#).

---

## New Season for Second Wind

*By Ellen Coughlin*

Second Wind chorus will begin its new season on September 10, and, as always, anyone with a love of singing is invited to join in the music-making. This fall's program, focusing on musical theater, will be especially crowd-pleasing, featuring numbers by Gilbert and Sullivan, Rodgers and Hammerstein, and others.

Second Wind, a CHV affinity group, has been singing together now for 15 years. It is small, currently only about a dozen members. **Starting this fall, the chorus will rehearse every Wednesday (a change from its previous Tuesday practices)** from 12:30 to 2 p.m., at Capitol Hill Arts Workshop, 545 Seventh St. SE. It will perform its end-of-season concert there on Saturday, December 13.

There are no auditions to join the group; an ability to read music helps but isn't required. Members are assessed a fee for the season of



around \$200, but financial assistance is available. Singing together is not just great fun — it's also good for your mental and physical health. Come give Second Wind a try — the first rehearsal is free.

For more information, check out [secondwindchorusdc.com](#) or call Shirley Rosenfeld at (202) 544-1646.

# Memory Studio Revives Memories

By Jane Lang

*[Editor's Note: CHV Member Jane Lang shares her observations about the Memory Studio, an art and music workshop for individuals with memory loss with respite and support services for care partners.]*

Seated in a circle, the Memory Studio participants take turns describing a special place in their lives, using both words and gestures to convey a sense of the place.

Thomas recreates the image of a busy boat dock, herons stalking in the shallows. Shirley takes us to the Mekong jungle where monkeys chatter in banyan trees. David pictures a rural cabin, the memory “stamped in me.” Another offers a perception of silence, spacious and deep. When one participant struggles to envision a special place, program instructor Donna Jonte encourages him to “just be here.” And after each person speaks, Donna elaborates on the vision with movements—arms, hands, feet—and the participants join her, reiterating the movements over and over to choreograph a story that evokes their collective visions. It is a moving, profound and celebratory moment when they are all woven together.

Moments like these capture the essence of the Memory Studio, a program of Capitol Hill Village. It offers a **safe and creative space for participants who are experiencing memory loss**—there

After an August hiatus, the Memory Studio resumes in September. No formal dementia diagnosis is required. 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](mailto:info@capitolhillvillage.org) and ask for Judy Berman.



are no “patients” here, says program designer **Nephelie Andonyadis** (left). They are joined by partners, caretakers, and volunteers who also participated

in the four-hour sessions.

## The Program's Structure

The content of each gathering differs, but all follow the same reassuring pattern. Sarah is the volunteer greeter who welcomes all comers and dispenses name tags. Then the circle forms and the program opens with live music—this week, a guitarist and a singer, Miles Spicer and YaYa Patterson (who perform in the community as Spice Cake). As Miles plays, YaYa sings and leads us in movements. “Melt like a chocolate bar,” she says and the participants respond with a knowing “aah” as we follow her instructions to roll our wrists, ripple our arms, climb our hands, kick our legs. A sense of connection among the participants grows as we move, rotate, stretch.

It is lunch time: thick homemade borscht is served, with boiled potatoes and sour cream, prepared by Hill chef Caren Benjamin along with bread, crackers and hummus. Participants

spread out among round tables to enjoy the soup; there is a convivial hum of intermittent conversation.

The art project is next. Today we examine the work of Vivian Browne, whose abstract paintings the group had seen the prior week at The Phillips Collection. Donna leads a discussion of shared impressions reflecting remarkable insight as the participants discover peacocks, toucans, kites, an animal seeking escape, in the vivid colors. “I see a bunch of clams,” says Patrick. YaYa captures these impressions with sounds, eliciting smiles all around.

And then to work with tempura paint sticks. Inspired by Browne’s work, we create paintings to revisit our special place. Some of us work intently on our own. Others are encouraged by volunteers interspersed around the table. Instructors chat with each participant as the art progresses. There is a sense of calm and comfort. “No one is judging you,” explains Mark who comes every weekend from Bethesda, accompanied by his wife.

Nicky Deak, a young volunteer whose weekday job is with Habitat for Humanity, comes to the Memory Studio because it offers an opportunity to volunteer in a context that combines

► continued on page 8



# Memory Studio Revives Memories *continued from page 10*

the arts with community service. Each week, the program is “predictable but novel,” Nicky says, and it keeps them engaged with community members they might not otherwise connect with.

The paintings are finished, titled, and taped to the wall, and Nephelie invites the artists to discuss their style and elaborate on the title they chose. “Running Away with the Devil” elicits appreciative chuckles. Everyone gets a moment in the sun before the Memory Studio closes for the day.

## The Program’s Evolution

Drawing on her life-long career in theatre arts, her academic credentials in art, gerontology, and education, and her experiences at Iona’s Washington Home Center where she met CHV member Patrick McClintock, Nephelie designed the Memory Studio. She credits Patrick with initiating it; he persuaded her to develop a program similar to the one she has led at Iona, both to benefit CHV neighbors with memory loss and to extend an understanding of the experience of memory loss to the larger community through art.

The Community Action Group offered program space, and CHV Executive Director Judy Berman, on the strength of Nephelie’s project description and



skills, procured funding from the Capitol Hill Community Foundation for a one-month pilot in the summer of 2024. She then secured a grant from the Alzheimer’s Association Center for Dementia Respite Innovation to extend the program through 2025.

**This grant required that the program also provide respite to caregivers, but Memory Studio has taken that opportunity a step further.** Although care partners are not required to attend (they can use the time for their own purposes), those who do attend have the opportunity to recalibrate their relationship with their partners and get a break from the frequently lonely business of caretaking. CHV staff lead additional care partner support components, which include a facilitated support group, chair massage, and demonstrations of other self-care practices.

The personal, one-on-one interactions and the highly skilled, professional arts leadership, make this a meaningful, creative experience—this is no “arts and crafts program,” Judy Berman underscores.

The Memory Studio requires a team carefully curated by Nephelie to provide the artistic, organizational, logistical, and interpersonal input essential to its success. It is staff-intensive and comes at considerable cost—\$120,000 a year for the Saturday program. **But it is important to continue to expand the reach of the Memory Studio to realize the full measure of its potential for both the participants and the community,** says Nephelie. She sees the program as a vehicle to “teach the entire community to engage with and value the whole person” in a way that does not rely on the past or on memory.

## View the Art Work

Works created by the participants will be shown during the annual Capitol Hill Art Walk September 13–14 (see page 7) so others can see the beauty of the art and recognize the insight, self-awareness, and creative capabilities of the artists who are their neighbors and family members with memory loss.

Supporters of Memory Studio stress that it provides a model for replication by other villages and, in turn, can be a step toward changing the system of care throughout the aging process.



# Confused About Medical Alert Systems?

By Karin Kinney

Beginning with the conventional big button on pendants or wristbands, known from commercials as “I’ve fallen and can’t get up,” alert systems have moved on to more sophisticated devices including smart watches. They all have good points and drawbacks.

**The Conventional Pendant or wrist-worn button** is the simplest version for someone bound to the house. It consists of two pieces—a base station and a wearable button that can be plain or look like a piece of jewelry. The base station plugs into the wall and you are good to go. The alert button must be worn at all times to be useful, including during the bath, so it should be water-proof or at least water-resistant.

When you fall, you press the button and explain either to the call center or the emergency service what the problem is. The base of the alert system will not cover service farther than the front porch of the house or a small backyard. It has a year-long battery life.

**The Smart Home set-up** let’s you call **Alexa** and you tell Alexa that you need help.

**The Go-Anywhere-Button** is for more mobile people. This alert system comes in button form with watch-like options. There is no base station. It works essentially like a cell phone. You press a button and the call goes out to a call center or an emergency service. You have a choice between unmonitored and monitored service. The unmonitored service goes to 911; it can also go to family and friends. The monitored service is available 24/7, and a trained responder with your medical data, such as a Do Not Resuscitate form, will help you. There is a fee for this service. (DC Smart 911 provides a similar service for free, but it has limitations.)

**Smart watches** come in various complexities. There are simple smart watches that tell time and have an alert button, which may be all you need. Others, such as Apple watches

or Android versions, do more. They can count your steps or give the weather report and have buttons for various features. These watches cover you wherever you are, here or abroad. The important thing is the feature that **detects falls**. If you fall, the watch sounds an alarm that you can quickly turn off, if you are fine. If you are stunned and can’t move rapidly, the watch will call your emergency contact(s). Your emergency responders can see via a map, where you have fallen, at home or out and about, and can call you to see if you are alright.

If all is well, they turn off the alarm, if not, the call will go to an emergency service. If you have more than one emergency contact, there may be

confusion with all the people who are trying to contact you at the same time, but that can be sorted out in time.

The problem with smart watches is that you need to have your cell phone nearby and the smart watches have a short battery life. They will have to be recharged daily. If you frequently get up at night—a treacherous opportunity to fall—you have to remember to wear your watch and not leave it lying on the nightstand attached to a charger. The same goes for the shower, and remember, the watch must be water-proof. You will have to decide when it’s the best time of day to recharge your watch—at a time when it’s least likely for you to trip or tumble—and make this a daily habit and at a certain time.

## Put Your Best Smile Forward

If you’ve been to the Capitol Hill Village office, you may have seen the wall covered with pictures of members. We’ve had more people join—and maybe you missed the first chance—so now is the time to submit a photo of yourself at any age or place so we can add it to the wall. Just send a digital photo to Deborah Hanlon

at [deborah131244@yahoo.com](mailto:deborah131244@yahoo.com). Or provide a favorite photo of yourself that is at least 5×7, and take it to the CHV Office, 1355 E St. SE.

We also need frames, so if you have any old frames that you wish to donate, please drop them off at the office (5×7 inches or larger).





---

# Capitol Hill Village Pride Celebration



Over 30 people turned out for the first Village Pride celebration June 25 at Capitol Hill Towers. They enjoyed hot dogs, hamburgers, veggie burgers, human bingo, and caricatures from Big Head Little Body.

---

# September Events

---

September 1

## Office Closed for Labor Day

---

Wednesday, September 3, 3:30–4:30 p.m.

## Virtual Event: What We're Hearing

We will be joined by guest speaker **Dr. Larry Medwetsky**, on *How We Listen: The cognitive processes underlying listening, and how hearing loss and aging may impact these processes.*

Dr. Medwetsky has served as an educational audiologist, Director of Audiology and subsequently as Vice President of Clinical Services in a large speech and hearing clinic, and recently retired as a full Professor from the Doctoral Audiology program at Gallaudet University. He has published/presented on many topics, with a special focus on spoken language processing and possible deficits in both individuals with normal hearing and hearing loss.

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.*



---

Monday, September 8, 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, September 9, 3:00–4:00 p.m.

## Virtual Event: Parkinson's Support Group

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

*Open to all.*

---

Tuesday, September 9, 7:00–8:00 p.m.

## Virtual Event: Voices with Astrid de Vries

Founder of Kids Connection Haiti, de Vries provides a bright spot in the chaotic lives of youngsters in Haiti. See story on page 5.



---

Wednesday, September 10, 2:00–4:00 p.m.

Private Home

## Poetry Readers

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

*Members and volunteers.*

---

Wednesday, September 10, 5:00–6:30 p.m.

The Residences Library, 333 Eighth St. SE

## 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.*

▶ continued on page 15



## 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.



# September Events *continued from page 14*

Thursday, September 11, 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.

We will look at how to submit DC 311 requests with the app and answer your tech questions.

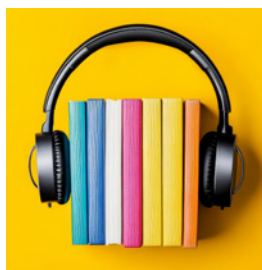
*Members only.*



Myles Nienstadt

Thursday, September 11, 1:30–2:30 p.m.  
Capitol Hill Towers, 900 G St. NE, 4th floor Library

## Audio Book Club



**James Sanders** has re-vamped the Capitol Hill Towers Book Club to the CHV Audio Book Club affinity group, to accommodate members who are visually impaired. It will operate as a traditional book club, but with an audio component for those who may be visually impaired or prefer listening to

books rather than reading them. Suggestions on books/ audio books are welcome.

*Open to all*

Thursday, September 11, 2:00–4:00 p.m.  
Labyrinth, 645 Pennsylvania Ave. SE

## Games and Puzzles

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

*Open to all.*

Thursday, September 11, 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: *Her*, *Sorry, Baby*, *Don't Let's Go to the Dogs Tonight*—may be streaming by September. Classics: *The Virgin Suicides*—on Paramount (free) and to rent on Hulu, Amazon and some others; *The Blue Eyes of Yonta*—on Kanopy (free); *Rashomom*—on HBO and Kanopy (free).

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

*Members only.*

Friday, September 12, 9:00–11:00 a.m.

Your Home

## Goodwill Pick-up

**NOTE: Signup deadline is 12:00 Noon, Wednesday September 10**

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
- **Picture frames**
- **Books and Records**

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

*Members only.*

► continued on page 16

# September Events *continued from page 15*

Saturday, September 13, 12:00–4:45 p.m.

DC LGBTQ+ Community Center, 1827 Wiltberger St. NW

## 2025 LGBT Inter-Generational Extravaganza

Do you want to build connections with LGBT folks from different generations? Join Capitol Hill Village, the DC LGBTQ+ Community Center, Seabury Out and About, and Whitman Walker for the 2025 Intergenerational Extravaganza. Attendees will enjoy a fun afternoon that includes:

- Lunch
- Speed Friending
- An Elder Panel
- Yoga
- Breakout Sessions

Attendees will have access to N95 masks if needed. The DC Center is ADA accessible and located five minutes from the Shaw-Howard University metro stop on the Green Line. The DC Center is also located nearby multiple bus stops.

This is a free event supported by funding from the DC Department of Aging and Community Living and private donations. To register contact Sophia at [sross@capitolhillvillage.org](mailto:sross@capitolhillvillage.org) or call 202-543-1778.



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

Tunnichliff's, 222 7th St. SE

## Wyze Guyz

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



*Members and volunteers.*

Tuesday, Sept. 16, 4:30–6:00 p.m.

The Residences at Eastern Market; 333 Eighth St. SE, Library.

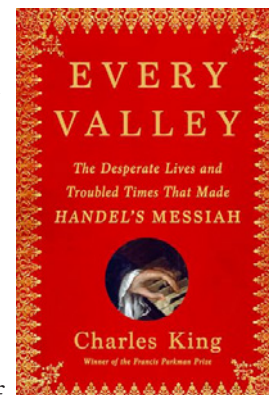
## Village Literary Club

**NOTE: Sign up by noon, Sept. 15.**

In September, the Literary Club will read *Every Valley: The Desperate Lives and Troubled Times That Made Handel's Messiah*, by Charles King (2024, 270 pp). Many

of us know and love Handel's *Messiah*, considered the most popular and enduring musical work of all time. *Every Valley* provides the fascinating background to this famous work, the historical forces, the many quirky personalities, and the hectic London life that contributed to its creation. It is, *The Times* review says, "a compelling read, a work of vivid social commentary," as well as a portrait of Handel's creative process.

*Members.*



Tuesday, September 16, 6:00–7:15 p.m.

## Virtual Event: LGBTQ Social Hour

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



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

Wednesday, September 17, 4:00–6:00 p.m.

The Lockwood, 1339 E St. SE

## CHV Happy Hour

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.

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

Thursday, September 18, Starting at 9:30 a.m.

Your Home

## Personal Shredding & Hazardous Waste Pick-up

**Note: Registration closes Tuesday, September 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:

► continued on page 17



# September Events *continued from page 16*

## Shredding & Hazmat Pick-Up *continued*

- **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.** For washers, dryers, refrigerator, etc., call DC 311 for bulk trash pick-up.

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

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

*Members only.*

Thursday, September 18, 1:30–3:00 p.m.

## Virtual Event: Anti-racism Reading Group

We will discuss our summer read, *By Her Own Design: A Novel of Anne Lowe, Fashion Designer to the Social Register*, by Piper Huguley.



According to Amazon: “The incredible untold story of how Ann Lowe, a Black woman and granddaughter of slaves, rose above personal struggles and racial prejudice to design and create one of America’s most famous wedding dresses of all time for Jackie Kennedy.”

*Open to all.*

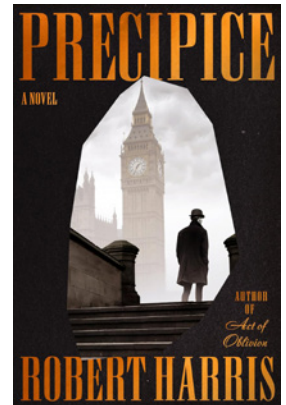
Thursday, September 18, 3:00–4:00 p.m.  
The Lockwood Conservatory, 1339 E St. SE

## History and Biography Book Group

At our September meeting we will discuss *The Precipice* (464 pp, 2024) by Robert Harris, a spell-binding novel of passion, intrigue, and betrayal set in England in the months leading to the Great War; from the author of *Act of Oblivion*, *Fatherland*, and *Conclave*.

Bring a beverage if you like. Feel free to call or text me if you have any questions: [Dennis McGovern](mailto:DennisMcGovern) (202) 258-6675.

*Members.*



Friday, September 19, 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.*

Friday, September 19, 2:00–4:00 p.m.

Mr. Henry’s Patio, 601 Pennsylvania Ave. SE

## "Yappy Hour" Anyone?



**Keith Morris**, his adorable pug, Ruth, and **Ann Manheimer**, and her sassy Bichon Frise, Princess, invite you and your well-behaved, leashed pooch for food and libations, on the

CHV Yappy Hour. Kindly sign up on [Helpful Village](https://www.helpfulvillage.org) or by calling the CHV office at 543-1778, and be sure to enter the name of your pet as a guest. Water bowls and treats will be available for your furry friend. If you have any questions, contact Ann at [amanheimer917@gmail.com](mailto:amanheimer917@gmail.com) or Keith at [kmorris811@gmail.com](mailto:kmorris811@gmail.com).

► continued on page 18

---

# September–October Events *continued from page 17*

---

Monday, September 22, 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 the Sept. 8 entry.

*Open to all.*

---

Tuesday, September 23

## **Office Closed For Rosh Hashanah**

---

Wednesday, September 24, 1:00–3:00 p.m.

The Townhomes of Capitol Hill, 750 Sixth St. SE

## **Solo Aging**

Capitol Hill Village is partnering with Corewood Care to present a six-week series on solo aging. Next sessions are Oct. 8 and 22, Nov. 5 and 19, and Dec. 3. See story on page 1.

*Members.*

---

Wednesday, September 24, 5:00–6:30 p.m.

The Residences Library, 333 Eighth St. SE

## **Defending Democracy Group**

**Ward 6 Councilmember Charles Allen will speak at this meeting.** See the Sept. 10 entry for further information.

*Members and volunteers.*

---

Thursday, September 25, 2:00–4:00 p.m.

Labyrinth, 645 Pennsylvania Ave. SE

## **Games and Puzzles**

Join other CHV members and their friends for two hours of game-playing fun. No reservations required, just come. See the Sept. 11 entry.

*Open to all.*

---

Thursday, September 25 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. See the Sept. 9 entry

*Open to all.*

Saturday, September 27, 10 a.m.–12 Noon

Eastern Market Metro Plaza

## **Get Your Move On! Kickoff**

The opening of what Capitol Hill Village hopes will be ongoing efforts by CHV members and their friends to keep moving in order to improve health and general mobility. There will be music, dance, food, community sponsors, and a demonstration of Recharge & Restorative Yoga with Capitol Hill Village's Robin Blum. See story on page 1.

*Open to all.*



---

Wednesday, October 1, 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. 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.



Alex Smith

*Open to all.*

---

Thursday, October 2

## **Office closed for Yom Kippur**

---

Monday, October 6, 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 the Sept. 8 entry.

*Open to all.*

► continued on page 19



# October Events *continued from page 18*

Tuesday, October 7, 7:00–8:00 p.m.

## Virtual Event: Village Voices with Jill Strahan

A world traveler and former director of the Capitol Hill Arts Workshop, Strahan will reflect on themes of social concern and social change. See story on page 5.

## Ongoing Events

Mondays, 9:30 a.m.

Meet at the plaza outside the Eastern Market North Hall

### Easy Strollers

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

*Open to all.*



Mondays, 10:00 a.m.–12 Noon

### Virtual Event: DC Center for LGBT Community—Coffee Hour

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

Mondays, 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 **Susan Ades** at [susancades@gmail.com](mailto:susancades@gmail.com) and arrive at 10:45 a.m. to learn some Tai Chi basics.

*Open to all. 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, 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](mailto:pcromwell23@gmail.com)

*Members and volunteers. Registration required.*

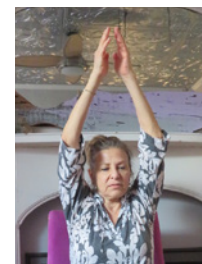


Mondays and Thursdays, 4:00–5:00 p.m.

### Virtual Event: Recharge & Restorative Yoga

A mix of sitting/standing exercises targeting overlooked body muscles. This class focuses on stretching the spine, learning to control balance—which is critical to seniors—and soothing stress. You don't have to be a member to join this Zoom class. Namaste!

*Open to all.*



Tuesdays, 12:00–2:00 p.m.

CHV Office, 1355 E St. SE

### Reiki

Reiki, which means “Universal Life Energy” in Japanese, is non-invasive therapy that promotes the body's own healing ability. Performed by a trained Reiki practitioner, the benefits of Reiki include reduction of chronic and acute pain, reduction of stress and anxiety, and increased energy and mental clarity.

CHV Member and Reiki Master **Shirley Loo** is offering to perform sessions at the Capitol Hill ► continued on page 20



## Ongoing Events *continued from page 19*

Village office. Each session will last about 15 minutes during which the participant will be seated in a chair. Shirley was a longtime volunteer at George Washington Hospital where she provided Reiki to hundreds of patients, as well as their family members, and hospital staff.

Please indicate time you would like (see instructions you receive after registering). Those requesting an appointment should be fully vaccinated for COVID-19 and should plan to wear a mask.

*Members and Volunteers.*

Tuesdays and Thursdays, 10:00–11:00 a.m.

The Residences at Eastern Market, 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 Noon–1:00 p.m. **New Time!**

Capitol Hill Towers, 900 G St. NE

### CHT 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. Please contact Alex Smith, CHV Care Services Specialist, if you have any questions: [asmith@capitolhillvillage.org](mailto:asmith@capitolhillvillage.org) or 202-543-1778.

*Capitol Hill Tower Residents.*



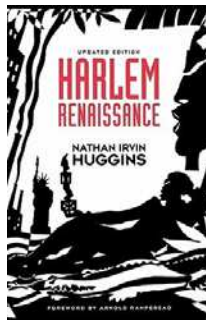
Alex Smith

### 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.

Tuesdays, 2:00–3:00 p.m.

### Virtual Event: Antiracism Reading Pod



Our current book is *Harlem Renaissance* by Nathan Irvin Huggins. 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.*

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, 12:30–2:00 p.m.

**\*Fall season starts September 10**

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. See story on page 9.

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

Wednesdays, 2:00–4:00 p.m. (unless otherwise noted)

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.

► continued on page 21



---

## Ongoing Events *continued from page 20*

We meet weekly in alternating locations: **first and third Wednesday at 1:00-2:30 p.m.**, at [Labyrinth Games and Puzzles](#), 645 Pennsylvania Ave. SE; **second Wednesday** at Tunnickliff's, 222 Seventh St. SE; and **fourth Wednesday** at Mr. Henry's, 601 Pennsylvania Ave. SE. Contact CHV at [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org) to sign up.

---

Fridays, 11:30 a.m.–1:00 p.m.

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

### 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.

**\*New program starts September 6**

Community Action Group, 124 15th St. SE

### Memory Studio

*See the story about the group on pages 10–11.*

Memory Studio is an art and music workshop for individuals with memory loss, with respite services for care partners. It will be offered September 6 and 20 and every Saturday in October.

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](mailto:info@capitolhillvillage.org) and ask for Judy.

*Open to all*

### View the Memory Studio Art Work

Works created by the participants will be shown during the annual Capitol Hill Art Walk September 13–14 (see page 7) so others can see the beauty of the art and recognize the insight, self-awareness, and creative capabilities of the artists who are their neighbors and family members with memory loss.

## Registering for CHV Events

The Capitol Hill Village on-line event calendar can be viewed at [capitolhill.helpfulvillage.com/events](http://capitolhill.helpfulvillage.com/events); members can register for all events on that website, or by contacting the CHV Office at 202-543-1778, or by emailing [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org).

CHV encourages registration for events so that we can update you on information about the event including meeting locations and information for accessing virtual events.

CHV uses Zoom for virtual events. You can access these with a smartphone, tablet, or computer. Please

contact the CHV office if you have questions about connecting.

When you register for a virtual meeting, you will receive a confirmation that contains a CHV Zoom link or further instructions for accessing an external Zoom link. Let the CHV Office know if you do not receive a confirmation or reminder. At the meeting time, click on the link to join.

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

# Get Ready to Get Your Move On!

Mark your calendars for another fun **Get Your Move On! Kickoff Event** on Saturday, September 27, from 10:00 a.m. to 12 Noon at Eastern Market Metro Plaza.

Enjoy music, line dancing with The Rawhides, chair yoga, and more as we celebrate all the ways that CHV members stay active.

\* Capitol Hill Village is seeking volunteers to help with Get Your Move On! Call Jenna at 202-543-1778.

GET YOUR  
MOVE ON!

THANK YOU TO OUR SPONSORS:

**Anonymous**

JEANNE  
PHIL  
MEG

*Wegmans*



COLDWELL BANKER  
Chuck Burger



Capitol Hill Village  
1355 E Street SE  
Washington, DC 20003