



In a mash-up of entertainment at the Get Your Move On! kickoff event, the JumpDC Superstars joined Deborah Hanlon and the Capitol Hill Village drum circle for a little fun together. In connection with the day, CHV also sponsored a vaccine clinic. More photos on page 11.

FROM THE PRESIDENT

Welcome to New Leaders



Maury Stern

It's hard to believe that it has been a year since I last welcomed new Board members. A lot has changed in our city (and the country) over this past year, but I am reinvigorated in the work that CHV continues to do and the uplifting stories I hear from members and volunteers. As we did over the past year, you will hear from me or a member of the Board in this space each month, and I want to use this opportunity to **introduce the Executive Committee, new Board members, and the Chairs of Board Committees.** The expertise that this group brings, the time that each spends, and their commitment to the organization is truly inspiring.

I am pleased to introduce the Executive Committee and excited for the future with this group at the helm of the organization.

- **Ceci Albert** has agreed to serve as Vice President for the next year and then move into the President role for the two following years. I know that she will do incredible work in taking the organization to the next level.
- **Hank Brothers** is the new Treasurer; he brings a wealth of professional and personal experience that is already showing in his leadership of the Finance Committee.
- **Susan Sarfati** will be the Secretary for the next year after serving as the Governance Committee Chair for the last

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It's a Time to Give Thanks

As we enter Thanksgiving month, Capitol Hill Village wants to recognize all the ways we are thankful for the work of members, volunteers, and community friends in service of an age-friendly community where older adults thrive.



THANK YOU to the volunteers

who drive members to doctor and other critical appointments, pick up donations for Goodwill, help in the CHV Office, make wellness calls and check up on our neighbors, run errands and help with household

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It's a Time to Give Thanks *continued from page 1*

tasks, provide IT and computer help, and respond to many other requests from members.

THANK YOU to those who organize and lead affinity groups and programs, which facilitate social connection through outings, activities, and discussions—on arts and culture, health and wellness, fun and play.

THANK YOU to members who identify issues important to older adults and advocate with political and community leaders for facilities and programs, making CHV a consequential community organization.

THANK YOU to members who spread the word about CHV and expand our reach by recruiting new members, volunteers, and sponsors.

AND THANK YOU to members, volunteers, and others in the community who contribute financially to Capitol Hill Village.

And now, after all you have already given, why should you contribute to CHV's annual campaign?

Capitol Hill Village's annual giving campaign, which is now underway, provides about 25 percent of our non-grant revenue, and provides support in areas of greatest need not covered by membership dues and government and foundation grants. This allows our small, dedicated professional staff and many volunteers to reach out and offer essential services to those in greatest need, including those struggling with limited resources.

Attaining and maintaining our level of services requires support from donors large and small.

- **Resources and Opportunities:** Enabling Capitol Hill older adults to stay active, purposeful and connected residents of our neighborhood.
- **Community Engagement:** Fostering social engagement,

volunteerism, and lifelong learning, which are linked to improved health and well-being.

- **Advocacy:** Ensuring our voices are heard where it counts, promoting inclusivity and intergenerational relationships.

EVERY gift matters—every size, large or small. Some are choosing to provide leadership gifts of \$1,000, \$2,500, or more. Others are making commitments of \$500 or \$250. Whether you choose to make a gift at these levels, \$50, or whatever is best for you, you will be joining with your neighbors in making a meaningful difference in the lives of older adults on Capitol Hill.

And please don't forget to thank a volunteer for services they are providing.

Donate to CHV



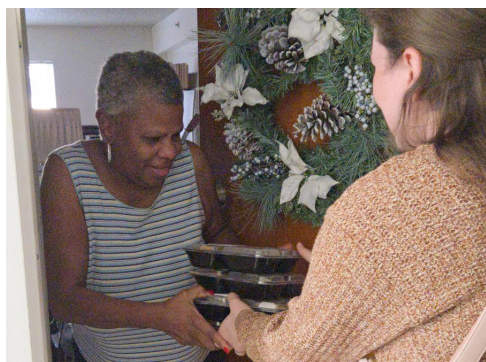
Celebrate Thanksgiving with a Meal Delivered by CHV

Capitol Hill Village will again offer free Thanksgiving meals for members, hand packed and delivered to your home by volunteers. You may order for yourself and up to one guest.

Deliveries will be made on Wednesday, November 26. While the exact menu has not been set, we expect to have Thanksgiving's greatest hits, including turkey, green beans, potatoes, gravy, and pie, as well as an alternative main course for vegetarians. **You must register by Monday, November 24.** Please indicate if you would like a guest plate.

Register at: <https://capitolhill.helpfulvillage.com/events/13830>

"Tickets" are **FREE**. *Don't let that "Purchase Tickets" button scare you!*



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
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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.

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



CHV #8066



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*

Ashvita Vasireddy, *Community Mobility and Wellness Programs Manager*

Capitol Hill Village News Team

Editor: Karen Stuck

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FROM THE EXECUTIVE DIRECTOR

Practicing and Sharing Gratitude



Judy Berman

There's a lot of research these days pointing to the benefits of practicing gratitude. For example, some studies demonstrate a strong connection between happiness and gratitude. And a recent study from Harvard University found links between gratitude and longevity, not surprising since other researchers have found that a positive outlook can help people live longer and better, and experiencing gratitude can help create and/or sustain a positive outlook.

What does "practicing gratitude" look like? Some people recommend a gratitude journal, a practice of writing down every day 3-5 things in your life that you're grateful for. It's important to be specific and not overly broad. For example, instead of being grateful for the natural world, you want to name the tree in front of your house that greets you each day as you leave and welcomes you home; or the way that squirrels cock their heads to look at you directly when you click your tongue at them. The practice reminds you to notice these things in the first place and recognize them going forward, such that you experience more positive thoughts throughout each day.

Sharing gratitude is another practice that is believed to have value. It involves telling others that you're grateful for qualities they share with you or things that they do for you. For example, you might tell a friend or family member that you're grateful for the time they spend with you or for the humor they bring to everyday activities. Or you could reflect on an experience you shared and how it's had a positive impact on your life. This practice reminds you of the connections and relationships you

have with people that sustain you and bring you positive feelings. Sharing these thoughts creates ripples of happiness and satisfaction.

Now I don't know if a gratitude practice has the same effects on an organization as it has on an individual, but I suspect there are parallels. Reflecting on an organization's strengths, the things it does well that have the greatest impact, is a way to harness those factors and be intentional about putting them to work so that the organization is always improving. Sharing those reflections can have ripple effects—letting those who contribute to the success of the organization know that they are valued and their contributions matter.

Because it's Thanksgiving month and we can all use more happiness, here's my CHV Gratitude Practice, and you'll have to tell me if it has any effect on you:

As CHV's Executive Director, I am grateful for

- Every one of our **donors**. Every gift helps make possible the broad range of programs and services we offer. We quite literally could not do what we do without you.
- Our **members** who are the reason we exist. By joining, they are saying "yes!" to CHV as a resource for themselves and this community. I'm especially grateful to members who call on us to request support—allowing us to be part of their aging journeys and teaching us important lessons about life.
- All those who have made legacy gifts or are planning to make a legacy gift to CHV. To me, **legacy donors** are embracing the work of our generation, which is to plant trees under which we ourselves

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Welcome to New Leaders *continued from page 1*

year and implementing a number of effective initiatives.

We are very lucky to have four new Board members who bring a wealth of knowledge and needed experience to the Board and the Committees.

- **Peter May** is an architect who retired from the National Park Service in 2023, after serving



for more than 15 years as the Associate Regional Director for Lands and Planning

for the National Capital Region. Previously, he worked for the District of Columbia government, the office of the Architect of the Capitol (AOC), and private architectural firms. Before he began his career as an architect, he managed the Warner Theater and was the administrator of the National Building Museum. He served more than 18 years on the District of Columbia Zoning Commission representing the AOC and the Director of the NPS. He also served 15 years on the National Capital Planning Commission and as Chairman of the National Capital Memorial Advisory Commission. He and his wife Tina have lived on Capitol Hill since 1982, where they have renovated three houses (the last is still in progress) and raised three sons.

- **Kathleen O’Leary** joined Columbia Gulf Transmission, an interstate natural gas pipeline company, as an attorney in Houston in 1978 and served

NiSource and several affiliated Columbia companies in legal, communications, government affairs, human resources, and public affairs roles over the next 35+ years. Key executive-level roles included President of Columbia Gas of Virginia, Senior Vice President for NiSource’s Gas Distribution companies, and Senior Vice President for Columbia Gas Transmission and Columbia Gulf Transmission. She also has served in leadership roles at industry associations including the American Gas Association, the National Energy Resources Organization and the Women in Utilities National Conference. Kathleen joined Northern Indiana Public Service Company, an electric and gas utility serving 1.2 million customers in northern Indiana, as Senior Vice President in 2010. She was named President in March 2012 and retired in December 2016. After retirement, Kathleen volunteered as a docent at the Supreme Court from 2017 until 2022.

- **Louisa Reynolds Smith** is a U.S. Department of Labor attorney retiring at the end of this year after 25 years of service. She looks forward to focusing on her Capitol Hill community, where she has been actively involved in various volunteer roles including founding the Brent Elementary PTA, organizing All Souls Church “Spring Gala,” serving as a parent representative for Capitol Rowing Club, Juniors and as a Pro bono attorney with D.C. Pro Bono. Born in Canada, but mostly raised in California, Louisa graduated from UC Berkeley and UC Davis School of

Capitol Hill Village extends heartfelt appreciation to the departing Board members who leave a legacy of service to the Village: **Lee Reno, Lynne Church, Michael Hash, and Nancy Deck.** Their contributions to a stronger Village will continue to serve the Village in the coming years.

Law before moving to D.C. She and her husband, Peter Smith, have raised two children, Griffin and Sophia, with the support of Louisa’s mother, Carolyn Rondthaler, a Capitol Hill Village member. In her spare time, she enjoys playing with her dog (Josie) and reading books for her various book clubs.

- **Dr. Ann Manheimer** has been an active Capitol Hill Village volunteer for over 10 years. She has collaborated with volunteers, members, and staff to create and provide programs including the



popular Wellness Cafes and Memoirs Affinity Group that support the health and engagement

of Village members. Ann provided over 30 years of leadership and innovation at the U.S. Department of Education to ensure that at-risk students could benefit from the education grant and loan programs created to help them learn and

► continued on page 5

FROM THE PRESIDENT

Welcome to New Leaders *continued from page 4*

thrive. She was recognized for contributions to the Department's first-ever Strategic Plan and for results from instituting internal management consulting, which, in its first year, was credited with streamlining grant-making processes, improving organization communications and human capital management, and automating key work processes. In retirement, Ann started Chatelaine of Ann's Capitol Hill Bed and Bichon, and she manages a small, dog-boarding business out of her Capitol Hill home under Rover.com. Her co-hostess

is a rescued Bichon Frise named Princess. In addition, she manages a rental property in Rehoboth Beach.

I also want to introduce the **newest committee chairs: Finance (Hank Brothers), Advocacy (Christine Healey), and Governance (Stan Soloway)**. All are current Board members who served on other committees and/or leadership roles. **Linda Pettie will continue to lead the Development Committee**. The committees are working on goals for the coming fiscal year, and I am

excited to share some of those in later newsletters.

I'm also very excited to launch an **ad hoc committee** that will include members of the standing committees and **will focus on programming**. The Board thinks it is very important, especially with the challenges in funding that nonprofits are currently facing, to focus on the programs that are most important to our mission and to ensure that we have sustainable funding sources to support those programs. Expect a lot more to come on this topic as well as opportunities to offer your input.

FROM THE EXECUTIVE DIRECTOR

Practicing and Sharing Gratitude *continued from page 3*

will not sit. They are ensuring that CHV endures for the next generation of elders.

- **Volunteers:** those who contribute their interests and energies to CHV. This includes *Affinity Group leaders* who build our community and share their joys with others; our *Village Connections volunteers* who commit to being reliable and supportive friends to our members; our *office volunteers* who take on tasks large and small that keep us operating smoothly; our *Welcome Wagon volunteers* who help our newest members forge a strong connection with CHV; our *Board and Board Committee members* who use their skills and talents to ensure CHV is effective, responsible and moving in a direction that benefits our members and our community; our *drivers, tech support, handy people* and others who answer the calls of our members for practical support; our *writers and editors* who help us communicate with our



membership. This is a long list and could get longer.

- The CHV *members and volunteers who reach out to me with their ideas and reflections*, their questions and their criticisms, and often, their gratitude. Every time this happens, it makes us stronger because it helps us identify our strengths and forces us to articulate why or how we do what we do.
- The outstanding *staff at CHV*. Each has shown themselves willing to do whatever it takes to support our members, regardless of whether it's part of their official job description.

They truly work as a team to support each other's work so that the experience of members and volunteers is as seamless as possible.

I notice that once I start listing things to be grateful for, it can be hard to stop. There really is no end to gratitude when you work with and for an organization so committed to improving lives, making and sustaining connections, and building community. These are the very things that create feelings of gratitude—which makes CHV and gratitude a perfect match.

Fall Speakers Yet to Come

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

**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 Karin-Cooper**

The director of the Folger Shakespeare



Library will talk about her recent book “The Great White Bard: How to Love Shakespeare while Talking about Race.” Karin-Cooper

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.

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 or at info@capitolhillvillage.org.

CHV Welcomes Ashvita Vasireddy

Hi, my name is Ashvita Vasireddy (she/her), and I am thrilled to join Capitol Hill Village as the new Community Mobility and Wellness Manager.

The **Community Mobility and Wellness Program Manager** leads two signature initiatives: the city-wide Enhanced Mobility Transportation Program (Passport to Independence) and the Help Desk Program. The manager is responsible for advancing transportation access for older adults and people with disabilities city-wide and creating holistic wellness and community engagement support for older adults and individuals with disabilities who live in designated partner residences (Help Desk Program).

I recently earned my Master of Public Health from The George Washington University, where I focused on aging and population health epidemiology.

My passion for supporting older adults began early—I grew up in a multigenerational household with my grandparents, which taught me the value of connection, respect, and care across generations.

Earlier in my career, I worked as a nursing assistant, where I had the privilege of providing compassionate end-of-life support. I’ve also worked with local and state public health organizations to strengthen health infrastructure, workforce capacity, and community wellness initiatives.

At CHV, I’m excited to continue that work by helping residents access transportation services, stay socially connected, and engage in activities that support overall wellbeing. My goal is to make it easier for everyone to move through this community with confidence and joy.



Outside of work, I love thrifting clothes and upcycling pieces into something new! On weekends, you can usually find me exploring local farmers’ markets, trying cuisines from around the world, or checking out vintage shops around D.C. I’m so grateful to be part of the Capitol Hill Village community and can’t wait to get to know everyone!

Ashvita can be contacted at: avasireddy@capitolhillvillage.org or 202-543-1778 ext. 107.

Medicare Open Enrollment Season Brings Out the Scammers!

Every year, scammers get more active around the Medicare Open Enrollment Period.

Scammers often impersonate Medicare and contact you unexpectedly. They might sound professional and even have some of your personal information. They may say you need a “new” or “updated” Medicare card and ask for your Medicare, bank account, or credit card number. But real Medicare cards are free and mailed to you automatically. And true Medicare representatives won’t call, text, or email you out of the blue to ask for your numbers or a payment.

Here are some ways to protect yourself from Medicare scams during Open Enrollment and year-round:

- Ignore unexpected calls from anyone who demands you share Medicare, personal, or financial information. Medicare will only ask you to verify information **if you contact them first**, and they won’t try to sell you anything or tell you to pay for your Medicare card.
- Don’t rely on caller ID. It might show Medicare’s name or phone number, but caller ID can be faked. To check it out, hang up and call 1-800-MEDICARE (1-800-633-4227).
- Get help to compare costs, coverage, and plans. Contact your [State Health Insurance Assistance Program \(SHIP\)](#) for assistance. And find information about your coverage options at [Medicare.gov](#) — the official U.S. government site for Medicare — or by calling 1-800-MEDICARE.

Report Medicare impersonators and other Medicare scams at 1-800-MEDICARE. Then tell the FTC at [ReportFraud.ftc.gov](#). For additional help to prevent, detect, and report potential Medicare fraud,

errors, and abuse, contact your local Senior Medicare Patrol at <https://smpresource.org>.



Hear from the U.S. Supreme Court? Think Scam First

The Social Security Administration is warning about a government imposter scam that comes in the form of an official-looking letter identified as a “certificate” on fake U.S. Supreme Court letterhead, using forged signatures of U.S. Supreme Court Justices, urging individuals to cooperate with SSA, and pressuring them to send money or share personal information.

The scam letter is personally addressed to the recipient and claims they are a primary suspect in connection with legal proceedings and criminal charges. The letter may use the real name of an SSA executive and claim that the proceedings “are conducted with the oversight of Attorney General Raúl Torrez” of New Mexico. The letter further claims that according to findings from SSA and the incorrectly named “Drug Enforcement Agency,” the recipient may have been subjected to identity theft, noting that their Social Security number (SSN) has been compromised. The letter states that SSA will issue a new SSN.

The scam letter also indicates that the U.S. Supreme Court requested financial institutions to freeze all the recipient’s assets and urges full cooperation with

the U.S. Department of the Treasury. The letter ominously closes by stating, should the recipient encounter any difficulties in safeguarding assets, the recipient will bear full liability for any losses incurred following the suspension of their SSN.

Scammers most likely will follow up with text messages or telephone calls.

“On every level this letter is completely false,” stated Michelle L. Anderson, Acting Inspector General of the Social Security Administration. “If you get this type of letter, rip it up and report it. Be aware of any variations of this scam.”

Protect Yourself

- Beware of scammers pretending to be from SSA or another government agency.
- **Stop.** Think scam. Talk to someone you trust *before* paying.
- Visit ssa.gov/scam to report Social Security-related scams and learn more.
- Stay up to date on the latest scam warnings and tactics by following SSA OIG on [X](#), [Facebook](#), and [LinkedIn](#).
- Visit the [Federal Trade Commission](#) for consumer protection tips.

Are you interested in volunteering with CHV?

We'd love to hear from you!

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



We're Taking a Road Trip

And everyone is invited. No vehicles. No driving. No maps or GPS. But we assure you that you won't get lost, as we head to our destination—the Capitol Hill Village Gala on March 21 at St. Mark's Church.

It's a great socializing opportunity—not just on the night of the Gala, but in the months leading up to it as CHV and the community come together to plan this signature event: Meet new people. Learn new skills or surface some you did not realize you have. Get introduced to Capitol Hill businesses. Caution—You may be nudged out of your comfort zone.

Why do we have a Gala?

The annual CHV Gala is a critical source of funding that helps sustain programs, services, and activities that enrich lives and strengthen our community. It's also the opportunity to enjoy a fun evening with members, volunteers, and other members of the Capitol Hill community.

Producing the 2026 Gala next March 21 requires involvement from lots of members and volunteers doing a variety of tasks.

There are many ways to be part of the Gala.

Join the Gala volunteer corps—it's much more than work. Have the pleasure of helping to present a fun-filled event AND working with and getting to know other team members.

- The Sponsorship Team needs help **identifying contacts for potential sponsors**. This may include contacting members and volunteers to get information. **TIME:** Oct–Jan.
- Sponsorship Team needs help **securing sponsorships** from local businesses. **TIME:** Jan–March.



- The Auction Team needs help **securing gift certificates** from restaurants, theaters, individuals, and others for the on-line auction. If you have a favorite business that you frequent, you would be the ideal person to ask them for a donation. **TIME:** Oct–Feb.
- Assist with Salons: **identify potential speakers and hosts** and likely contacts for them. Salon speakers are frequently, but not necessarily, Capitol Hill residents and have included news reporters, theater executives, musicians, authors, diplomats, and others with an interesting story. **TIME:** Oct–Feb.
- Assist in **producing decorations** for the Gala. **TIME:** Jan–March.
- Promotion and ticket sales: Help **plan or distribute materials either electronically or in person** to CHV members, volunteers, and individuals and businesses in the wider community. **TIME:** Nov–March.

Choose an activity that fits your comfort level and the time you have to give. If you're ready to join

the Gala volunteer corps or have questions, contact Jenna Jones at the CHV office at 202-543-1778 or info@capitolhillvillage.org.

Other ways to get involved!

Contribute to the on-line auction.

The on-line auction will include gift certificates to an array of restaurants, theaters, and other businesses. If you frequent a business, consider asking them for a donation to the auction. Remind them of the critical support that CHV provides to older adults, investing in the community to help make Capitol Hill the greatest place to age with dignity.

Donate time at a vacation home you own. The auction will offer several-day or one-week stays in vacation homes at locations throughout the country. This is a way to make one of your favorite places available to others in the community—while also providing a nice infusion of cash for CHV.

If you're ready to help with auction items or have questions, contact Ceci Albert at cecialbert@aol.com.

Organize Salon Events. *Know some interesting people?* If they would likely be interesting to others as well, perhaps they would be willing to speak at a Gala Salon. These are intimate dinners or cocktail parties offering the opportunity to converse with captivating, and frequently, famous people with interesting stories and experiences. Authors, diplomats, news reporters, musicians, and political figures have all been salon guests in the past.

We're also looking for hosts for the salons. If you have ideas for salon guests or would like to host a salon, contact Karen Stuck at karenstuck@comcast.net.

It's a Good Time to Think about Charitable Donations

By Angela Beckham



Angela Beckham

At this time of year, many people are considering their annual charitable gifts. This article describes three popular ways to donate and some tax implications.

Giving cash or checks. This is the most straightforward way to donate. Taxpayers who itemize their deductions can deduct cash donations up to 60 percent of their adjusted gross income.

Donations of appreciated securities. By giving away appreciated stock, the donor gets a tax benefit based on the full market value of the stock and does not pay taxes on the capital gains. The charitable organization does not pay capital gains taxes because of its non-profit status. Taxpayers who itemize their deductions can deduct non-cash donations up to 30 percent of their adjusted gross income.

Qualified Charitable Distributions (QCD). Individuals 73 or older are required to take a distribution from their IRA, which is taxable income unless it is donated directly to charity. For these individuals, the IRS excludes from taxable income distributions from IRAs up to \$100,000 if they are donated directly to charities.

The QCD is a great charitable gifting strategy, especially for individuals who

would not take any distributions from their IRAs absent the IRS required minimum distribution rules, and who do not itemize their deductions. For these individuals, the donation reduces their taxable income dollar-for-dollar up to the required minimum distribution.

Taxpayers do not need to itemize deductions to benefit from QCDs.

Other Ways to Donate. Donating a fully paid-up life insurance policy, setting up a donor advised fund, or establishing a charitable annuity are other ways to make charitable contributions. Please contact a tax advisor to discuss these options.

Here's how to implement each method in a gift to the Village.

To make a QCD to Capitol Hill Village, contact your broker, financial advisor, or custodian. They will provide you with the required form to make it happen. The donation is made directly from your account custodian to Capitol Hill Village and needs to be deposited by CHV before the end of the year. *So allow plenty of time* between directing the payment, until the check is cut, and mailed via USPS, and deposited by CHV. **The key is to start early.**

For a Donation of Stock, instruct your broker to deliver the stock shares to:

The National Capital Financial Group
Pershing LLC (DTC # 0443)

Account Name: CAPITOL HILL VILLAGE

Account Number: A3F764248

After the donation is made, please call the Capitol Hill Village office at 202-543-1778 to advise of the transfer. The name of the donor is not provided to National Capital Financial Group at the time of transfer, so unless you call the office, we won't know who made the donation.

Donation of a Mutual Fund: Please contact Lois Mastel, at the National Capital Financial Group at 202-546-9310 for instructions. Every mutual fund transfer differs, depending on where the funds are held—and it can *take 2-3 weeks for the mutual fund transfer to be completed.*

If you are making any of these types of donations, contact the CHV office to make them aware of the donation, as account custodians often do not provide donor information.

By *Angela Beckham, CFA, CFP®, EA
Financial Advisor



NATIONAL CAPITAL FINANCIAL GROUP

316 Pennsylvania Avenue, SE Suite 402
Washington, DC 20003
202-546-9310

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Thinking About the Future

We have been honored by members and friends who have included Capitol Hill Village as a beneficiary in their wills and estates. Resulting legacy gifts have allowed the CHV Board to grow the endowment fund and also provide on-going support for programs and services where the need is greatest.

Those wishing to consider such a gift should consult their legal and financial advisors. We also suggest you or your advisor contact Executive Director Judy Berman at 202-543-1778 so that we can understand your wishes, answer any questions, and honor you and your special commitment now and when your gift is received.

More Good News for Sidewalk Safety

Council Member Charles Allen announced that DC's Department of Transportation is expected to begin experimenting with brick-appearing sidewalks in 2026.

The Capitol Hill Village Sidewalk Safety Team advocated for this test in its February 2025 presentation to the DC Council, receiving strong encouragement from Angie Schmidt, President of the Capitol Hill Restoration Society. While both CHRS and CHV are agnostic about the trade-off between the historic appearance of sidewalks and public safety, both organizations recommended that the experiment be conducted so that residents, ANCs, and other civic organizations can assess the "aesthetics vs. public safety" tradeoff.

CHV's Sidewalk Safety Team continues to achieve success. They won a Brickie award from Council Member Allen in 2024, and the DC Council, with his encouragement, appropriated an additional \$5 million

for sidewalk maintenance. Several CHV members have noted that maintenance of sidewalks near their homes has improved.

Mark your Calendar for Sidewalk Palooza

It's **March 2026**—neighbors across the District will once again take part in the annual **Sidewalk Palooza**—a city-wide effort to document sidewalk hazards and advocate for safer, more walkable communities.

During Palooza week, ANC Commissioners and other enthusiasts rally volunteers to walk their neighborhoods, identify problem spots, and report them through **311**. This massing of sidewalk hazard reports helps DC officials better understand the widespread need for sidewalk repairs and accessibility improvements.

Ward 6 participants can email a photo of the problem and the street address to chvpedestriansafety@gmail.com,

and Capitol Hill Village will submit the 311 request on your behalf.

More details on the Palooza will be shared as the date approaches. Background information is at: <https://ggwash.org/view/81822/community-leaders-documented-over-375-sidewalk-repair-requests-heres-what-we-learned>.

Reminder: Six-month Window to File Claims Against DC Government

If you are ever involved in an incident that involves the DC government—for example, your car is struck by a DC government vehicle or you're injured after tripping on a public sidewalk—you have **six months** after the incident occurs to file an **administrative claim** with the **DC Office of Risk Management** for possible compensation.

More information is available at: <https://orm.dc.gov/service/tort-liability-claims>

Announcements & Passages



CHV member and long-time *Washington Post* reporter **Bart Barnes** passed away October 5. As a cub reporter who had been working at the Post

only a month, he was enlisted to help cover the March on Washington in August 1963. Nearly a decade later, he contributed to *The Posts* first article on the Watergate break-in.

As a reporter, he covered a bit of everything—local news, politics, sports, cops, and courts. But he found an enduring home on the paper's obituaries desk, where he wrote

thousands of stories about the famous, the infamous, and the hardly known. Mr. Barnes also delighted in telling the stories of less-heralded subjects—people like [Stephen N. Jones](#), one of the last Washington-area doctors to make house calls, and [Helga Stein](#), a Holocaust survivor who “lived by her wits on the streets of Berlin,” as Mr. Barnes put it, before settling in the Washington area. He was the consummate pro, unflappable when [Orson Welles](#) and [Yul Brynner](#) died on the same day in 1985. He wrote both obituaries on deadline.

Mr. Barnes retired in 2003, but rejoined *The Post* eight years later, filing regular obits for the next decade. His byline will continue to appear in

The Post: 17 pre-written obituaries are still waiting to be published.

His funeral will be at 3:00 p.m. November 1 at St. Mark's Episcopal Church, 301 A Street, SE.

Excerpted from the October 14 Washington Post. Read the entire obituary at: <https://www.washingtonpost.com/obituaries/2025/10/11/bart-barnes-dead/>

“Announcements and Passages” notes the passing of Village members as well as other significant events such as anniversaries, out-of-area moves, major awards, etc. If you know of a Member who has experienced a passage, please send a brief paragraph to the Newsletter editor at karenstuck@comcast.net. Please confirm that the member or their family/representative agrees with publishing the information.

Small Business Owners Unite for Holidays

Capitol Hill organizations are spearheading the 4th Annual Better Together Small Business Gift Card Exchange, a promotion led by Kathleen Donahue, owner of Labyrinth Games & Puzzles and chair of the Eastern Market Main Street Promotions Committee. The promotion runs from November 22 to December 7.

In the “Better Together” gift card exchange program, multiple small businesses partner up, offering customers a gift card to a different local business when they make a qualifying purchase from their store. The program is designed to encourage local shopping and support, allowing customers to discover new businesses while the businesses cross-promote each other.

Donahue emphasized that “by shopping at local Capitol Hill businesses, your holiday dollars support friends and neighbors and

Holiday Celebrations on the Hill

November 22—Capitol Hill Tree Lighting at the Eastern Market Metro Plaza.

November 23—Eastern Market November Fest brings jazz music to the Market.

November 29—Labyrinth Games & Puzzles hosts a free cookie-tasting contest to raise funds for Toys for Tots.

December 1—Eastern Market Main Street and Barracks Row Main host Sip & Shop from 5:00-8:00 p.m. Participants can sample wines provided by DCANTER, while shopping for holiday gifts in local shops.

December 9—Capitol Hill Village Holiday Party.

December 14—Capitol Hill Menorah Lighting on the steps of the Church of the Reformation, 212 E. Capitol St. NE. (After the ceremony, the Menorah will be moved to the Eastern Market Metro Plaza.)

go right back into the community. These businesses are the unsung heroes supporting Little League teams, veterans’ groups, school bands, DC teachers, and more.”

The initiative is also supported by Barrack’s Row Main Street (BRMS),

the Capitol Hill Association of Merchants and Professionals (CHAMPS), and the Capitol Hill BID.

For a map of participating businesses, see: <http://dcbettertogether.com/>.

DC Central Kitchen Plans Meal Deliveries

The Capitol Hill Towers Tenant Association’s Board of Directors has partnered with DC Central Kitchen to provide 100 meals—lunch and dinner—to residents three times a week. Deliveries are scheduled for Mondays, Wednesdays, and Fridays.

This initiative was made possible through collaboration between Capitol

Hill Village, on behalf of the Tenants Association, and DC Central Kitchen.

Each meal includes a protein, a vegetable, and a grain, with vegan options expected to be available soon. Meal distribution is coordinated by CHTTA Board President (and CHV Member) George Henderson, affectionately known by residents as “Chef.” CHV is hopeful that the program will eventually extend to Village members who reside outside of Capitol Hill Towers.

Volunteers are needed to help deliver meals to residents who are unable to pick them up from the “People’s Kitchen” at the Towers community room. If you are interested in volunteering, contact the CHTTA at info.tenantassoc@gmail.com.



George Henderson, CHTTA Board President

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>

Get Your Move On!

Capitol Hill Village took over the North Hall of Eastern Market for a combination vaccine clinic and Get Your Move On kickoff (slightly delayed by weather). It was an afternoon that emphasized movement and exercise. The cowgirl from DC Rawhides led the line dancing that got the juices flowing. Then the JumpDC Superstars showed us some specular stuff with their demonstration of double-dutch jump roping. Robin Blum demonstrated some chair yoga moves. There was music in the background—provided by CHV DJ James Sanders and the newly-formed CHV Drum Circle.



Estate Planning Basics Seminar

If you wanted to get the basics of estate planning, this was the place to be—Capitol Hill Village’s Legacy Planning Seminar. Attorney Sanju Misra and Tiffanie Purvey, from the Greater Washington Community Foundation, provided advice on important papers and organizing our assets. It was a full house, and CHV plans more seminars in the future to help members and the community develop end-of-life plans.



Get Prepared for the “Telehealth Cliff”

By Emma Radich,
CHV Care Services Intern

October 1 marked the official end of telehealth flexibilities for Medicare beneficiaries, which were established during the COVID-19 pandemic. This sudden end to services is being referred to by policymakers as “[The Telehealth Cliff](#).” What does this mean for patients?

Unfortunately, there are several ramifications. Medicare telehealth visits will largely be [restricted to rural areas](#), meaning that visits in urban markets, such as our Capitol Hill neighborhood, may no longer be billable to Medicare. As a result, even

in locations where telehealth is still covered, it may apply only to follow-up visits, with initial visits requiring travel to a medical facility. Audio-only telehealth visits will also no longer be covered.

Telemental care is relatively protected due to a 2021 statute, but patients seeking mental health care through telehealth will be required to have an initial in-person visit within the first 6 months and every 12 months thereafter.

This policy change also marks the expiration of the Hospital-at-Home waiver, meaning that hospitals will [no longer be able to bill](#) Fee for Services

Medicare or Medicaid. Hospitals will have to either bear these costs or return patients to the hospital. Billing is still allowed for patients with a Managed Care Medicaid plan.

At Capitol Hill Village, we recognize the effect that these policy changes may have on our members. If you are experiencing changes in your care plan due to the “Telehealth Cliff,” remember that we offer assistance with transportation to and from medical appointments. If you need assistance traveling to an appointment, call CHV at (202) 543-1778 or send us an email at info@capitolhillvillage.org.

November Events

Monday, Nov. 3, 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, Nov. 4, 5:00–6:30 p.m.

Private Home

CHV Theater Group

The Theater Group will meet to discuss the future of our outings—plays to see, best days and times (if attending as a group), associated events (post-performance discussions, supper, etc.), and meeting and socializing with other theater mavens. Please attend to add your voice to CHV's theater fun! Bring snacks and drinks.

Members.

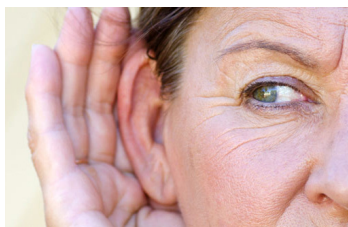
Wednesday, Nov. 5, 3:30–4:30 p.m.

Virtual Event: What We're Hearing

Do you experience hearing loss? Please join us at What We're Hearing, CHV's affinity group focused on hearing impairment, hearing loss, and deafness.

We discuss our experiences with hearing loss, share helpful resources and tips, and create an environment of peer support. This group is co-facilitated by **Vira Sisolak** (member) and **Alex Smith** (staff). Please contact Alex Smith with any questions or concerns: asmith@capitolhillvillage.org or (202) 543-1778.

Open to all.



Wednesday, Nov. 5, 5:00–6:30 p.m.

The Residences at Eastern Market Library, 333 8th 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.



Friday, November 7, 1:30–3:00 p.m.

Northeast Neighborhood Library, 330 Seventh St. NE

CHV Drum Circle *New Affinity Group



Drum your way to connectedness and joy! Join us for an hour of cardio drumming. If you don't have a drum yet, you can still join in.

Initially, we envision drumming as a group a couple of times a month. We can play indoors or out depending on weather, and we will be led by a professional drummer. The leader sets a beat that everyone then copies and drums together. The result is a resonant uplifting sound, and it is good exercise for the heart, body, and soul! We hope to host a Drum Circle event every other Friday. Locations will vary and participants will be notified after they register in the on-line calendar.

Village member **Deborah Hanlon** has performed with as many as 80 people at a Senior Center in California, and another member, **Ann Geracimos**, has drummed with as few as two. Both found the experience life affirming, contagious in its own way, and appropriate for all ages and abilities. No drumming or musical experience is necessary.

Open to all.

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November Events *continued from page 14*

Saturday, November 8, 11:00 a.m.–3:00 p.m.
Community Action Group, 124 15th St. SE

Memory Studio

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

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.

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

Open to all.

Tuesday, Nov. 11, 3:00–4:00 p.m.

Virtual Event: Parkinson's Support Group

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

Open to all.

Wednesday, Nov. 12, 2:30–4:30 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, Nov. 12, 7:00–8:00 p.m.

Virtual Event: Voices with Melissa D. Ho



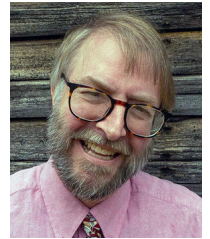
With over 25 years of experience as a scientist, program manager, and policy advisor, **Melissa D. Ho** works at the intersection of global development and conservation of natural resources. See story on page 6.

Thursday, Nov. 13, 10:30 a.m.–11:30 a.m.
Capitol Hill Towers, 900 G St. NE

Tech Training with Myles

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

Members only.



Myles Nienstadt

Thursday, Nov. 13, 1:30–2:30 p.m.

Capitol Hill Towers, 900 G St. NE, 4th floor Library

Audio Book Club



James Sanders is leading 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.

Open to all.

Thursday, Nov. 13, 2:00–4:00 p.m.

Labyrinth, 645 Pennsylvania Ave. SE

Games and Puzzles

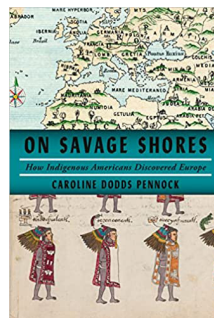
Join other CHV members and their friends for two hours of game-playing fun. The staff at Labyrinth will help us pick out new and familiar games. No serious games are played; we are there to have fun; no reservations required, just come.

Open to all.

Thursday, Nov. 13, 3:00–4:00 p.m.

The Lockwood Conservatory, 1339 E St. SE

History and Biography Book Group



At our November meeting we will discuss *On Savage Shores* by Caroline Dobbs Pennock.

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.

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November Events *continued from page 15*

Thursday, Nov. 13, 10, 5:30–7:00 p.m.
The Residences at Eastern Market Library, 333 8th St. SE

Cinephiles

Check the CHV on-line calendar for the list of movies for viewing. Bring a dish to share or a beverage (soft drink or wine).

Members only.

Friday, Nov. 14, 9:00–11:00 a.m.
Your Home

Goodwill Pick-up

NOTE: Signup deadline is 12:00 Noon, Wed., Nov. 12

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

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

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

Members only.

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

Wyze Guyz

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

Members and volunteers.

Monday, Nov. 17, 3:00–4:00 p.m.

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

See November 3 entry.

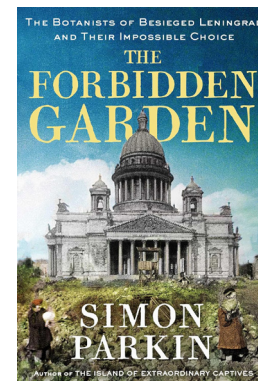
Tuesday, Nov. 18, 4:30–6:00 p.m.
The Residences at Eastern Market Library, 333 8th St. SE

Village Literary Club

Note: Sign up by Monday, November 17.

In November, the Village Literary club will read Simon Parkin's *The Forbidden Garden: The Botanists of Besieged Leningrad and Their Impossible Choice* (2024, 300 pp without notes). This book is about the brutal siege of Leningrad by Nazi forces. It focuses on the Plant Institute, the world's greatest seed bank, and the dilemma the plant scientists faced as the city faced starvation. The *New York Times* reviewer calls this book a "cinematic telling" of this terrible siege, in which Parkin himself wrestles with the choices the Russian scientists made.

Members.



Tuesday, Nov. 18, 6:00–7:15 p.m.

Virtual Event: LGBTQ Social Hour

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

For more information, contact Sophia at [sross@](mailto:sross@capitolhillvillage.org)



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, Nov. 19, 2:00–4:00 p.m.
Capitol Hill Towers, 900 G St. NE

Medication Management

The DC Assistive Technology Program at University Legal Services will provide a medication management demonstration for the Capitol Hill community. Learn about different accessibility features, tools, and services to support medication management. Participants will be able to apply for a pill container during the event.

The DC Assistive Technology Program helps DC residents with disabilities and older adults increase their independence and access to the

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November Events *continued from page 16*

community with assistive technology such as reachers, dressing sticks, adapted plates and utensils, and button aids. For more information visit: <https://www.uls-dc.org/programs/dc-assistive-technology-program>

Registration is not required; contact CHV at 202-543-1778 or info@capitolhillvillage.org if you need assistance in attending this program.

Open to all.

Wednesday, Nov. 19, 4:00–5:30 p.m.

As You Are, 500 Eighth St. SE

LGBT Meetup

This is a group for CHV members and their friends. Get to know your neighbors, and enjoy an afternoon of socializing at As You Are—RSVP required. Register [here](#).

Wednesday, Nov. 19, 4:00–6:00 p.m.

The Residences at Eastern Market, 333 8th 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. Register [here](#).

Wednesday, Nov. 19, 5:00–6:30 p.m.

The Residences Library, 333 Eighth St. SE

Defending Democracy Group

Join us for a discussion with **Michael Lukens**, Executive Director of the Amica Center for Immigrant Rights. He will describe Amica's work providing legal support to immigrants, sponsoring and supporting impact litigation, and raising awareness about the challenges facing immigrants. We hope to leave the meeting with concrete ideas about ways we can support their work.

Members and volunteers.

Thursday, Nov. 20, 10:30 a.m.–2:30 p.m.

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

Walk to the National Building Museum

Join other CHV members and friends for a walk to the National Building Museum (401 F Street NW, about a 1.5 mile walk each way). This event has several elements: a walk

with a chance to chat; a visit to a monumental museum with a great gift shop; and a group lunch in the museum café. There is a \$7 senior admission charge. Once there, you choose your own viewing agenda (check the museum's website for current exhibits at: nbm.org). At 12:30 p.m. we'll meet at the cafe for lunch together, then walk back to Capitol Hill.

Register [here](#) with CHV so you can be contacted in case of day-of changes.

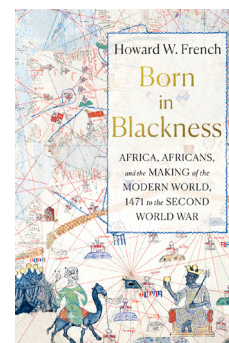
Members.

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

Virtual Event: Social Justice Reading Group

We will read parts 1, 2, and 3 of *Born in Blackness: Africa, Africans, and the Making of the Modern World, 1471 to the Second World War*, by Howard W. French.

Open to all.



Friday, Nov. 21, 1:00–2:15 p.m.

Virtual Event: LGBTQ Brain Health Support Group

Learn, connect, share resources. We welcome anyone in the LGBTQ+ community impacted by dementia (caregivers, self, partner, pastor, or anyone close to you). The group meets monthly on the third Friday. To register, contact Alex at asmith@capitolhillvillage.org or call 202-543-1778.

Open to all.

Friday, November 21, 1:30–3:00 p.m.

Northeast Neighborhood Library, 330 Seventh St. NE

CHV Drum Circle **New Affinity Group*

Drum your way to connectedness and joy! Join us for an hour of cardio drumming. If you don't have a drum yet, you can still join in. See Nov. 7 entry for further info.

Open to all.

Friday, Nov. 21, 4:00–5:00 p.m.

Virtual Event: Village Connections Drop-in

This hour will be used for Village Connections volunteers to receive 1:1 support and to be able to provide feedback on how to best support of long-term volunteer connections.

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November–December Events *continued from page 17*

Village Connections volunteers will continue to have access to Quarterly Trainings.

Please email [Lizzy Kosin](mailto:Lizzy.Kosin@capitolhillvillage.org), LICSW, Director of Care Services and Point of Contact for Village Connections program (lkosin@capitolhillvillage.org) to let her know you plan to join and the 15-minute interval you prefer:

- 4:00 pm–4:15 pm
- 4:30 pm–4:45 pm
- 4:15 pm–4:30 pm
- 4:45 pm–5:00 pm

Volunteers only.

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

Community Action Group, 124 15th St. SE

Memory Studio

Memory Studio is an art and music workshop for individuals with memory loss, with respite services for care partners. See entry for Nov. 8.

Open to all.

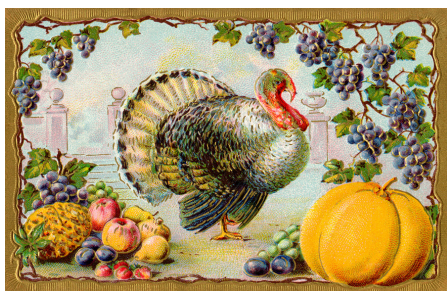
Wednesday, November 26, 3:00–5:00 p.m.

Your Home

Thanksgiving Meal Delivery

For 2025, Capitol Hill Village will again offer free Thanksgiving meals for members, hand packed and delivered to your home by volunteers. You may order for yourself and up to one guest. See story on page 2.

Members only.



Thursday & Friday, November 27–28

Office closed for Thanksgiving Holiday.

Note: Most affinity groups will not meet on these days; check the CHV on-line calendar.

Monday, Dec. 1, 3:00–4:00 p.m.

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

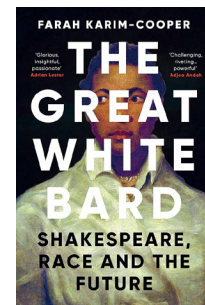
See Nov. 3 entry.

Open to all.

Tuesday, Dec. 2, 7:00–8:00 p.m.

Virtual Event: Voices with Farah Karin-Cooper

The director of the Folger Shakespeare Library will talk about her recent book “*The Great White Bard: How to Love Shakespeare while Talking about Race*.” Karin-Cooper previously served on the executive leadership team at Shakespeare’s Globe in London. See story on page 6.



Wednesday, Dec. 3, 3:30–4:30 p.m.

Virtual Event: What We’re Hearing

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

Open to all.

Wednesday, Dec. 3, 5:00–6:30 p.m.

The Residences at Eastern Market Library, 333 8th St. SE

Defending Democracy Group

See November 5 entry.

Members and volunteers.

Thursday, Dec. 4, 9:00 a.m.–12:00 p.m.

Your Home or CHV Office

Hazardous Waste & Personal Shredding Pick-up

Note: Registration closes Tuesday, December 2

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.

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December + Ongoing Events *continued from page 18*

Hazardous Waste + Shredding Pick-up *continued*

- **NO SMALL APPLIANCES.** Hand mixers, blenders, etc. can go in the regular trash.
- **NO LARGE APPLIANCES** (washers, dryers, refrigerator, etc.) Call DC 311 for bulk trash pick-up.
- **NO DRUGS** Over-the-counter medicines = regular trash. Prescription drugs = call or drop off at the Village for proper disposal.



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

Members only.

Thursday, December 4, 4:00–5:30 p.m.
Private Home

Wyze Guyz Readz Book Club

The Wyze Guyz Readz Book Club is a new monthly meeting to discuss new thrillers, sci-fi adventures, mysteries, and other genre in fiction. For the latest reading, please see the calendar listing.

Open to all.

Saturday, December 6, 11:00 a.m.–3:00 p.m.
Community Action Group, 124 15th St. SE

Memory Studio

Memory Studio is an art and music workshop for individuals with memory loss, with respite services for care partners. See entry for November 8.

Open to all.

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, 333 8th St. (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 susancaades@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.

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Ongoing Events *continued from page 19*

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 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 the 15-minute time block 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, 333 8th St. SE (6th floor)

Qigong

Qigong is a form of gentle exercise, suitable for any age or physical condition, that consists of flowing movement and breathing techniques. It is designed to improve the function of internal organs, vascular systems, and muscular and joint health. In addition, the practice may enhance circulation and sleep and relieve stress.

Open to all.

Tuesdays, 11:00 a.m.-12:00 noon

Capitol Hill Towers, 900 G St. NE

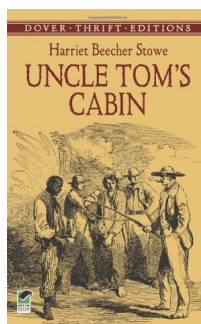
CHT Grief Support Group

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 which meets Tuesdays, noon to 1:00 p.m.; **at this time, the group is for Capitol Hill Towers residents only.**

Please contact Alex Smith if you have any questions: asmith@capitolhillvillage.org or 202/543-1778.

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

Virtual Event: Antiracism Reading Pod



Our current book is *Uncle Tom's Cabin* by Harriet Beecher Stowe.

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, 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.

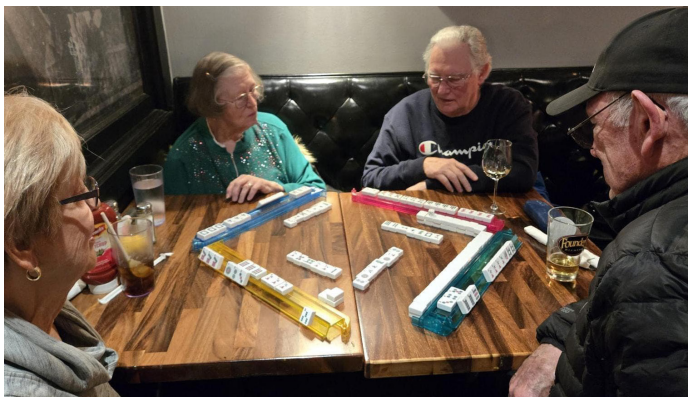
► continued on page 21

Ongoing Events *continued from page 20*

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.

We meet weekly in alternating locations: **Labyrinth Games & Puzzles**, 645 Pennsylvania Ave. SE; **Tunnickliff's**, 222 Seventh St. SE; **Mr. Henry's**, 601 Pennsylvania Ave. SE.

Check the events calendar or contact CHV at info@capitolhillvillage.org to sign up.

Fridays, 11:30 a.m.-1:00 p.m.

The Residences at Eastern Market, 333 8th 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.



Saturday Nov. 8 & Nov. 22, 11:00 a.m.-3:00 p.m.

Community Action Group, 124 15th St. SE

Memory Studio



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

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.

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.

Registering for CHV Events

The Capitol Hill Village on-line event calendar can be viewed at 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.

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.

We're in a Holiday Mood...



Thanksgiving

Capitol Hill Village will again offer **free Thanksgiving meals** for members, hand packed and delivered to your home by volunteers.

Deliveries on Wednesday, November 26.

Register by Monday, November 24 for yourself and up to one guest.

Register at: <https://capitolhill.helpfulvillage.com/events/13830>

CHV Holiday Party

On December 9, join friends and neighbors for fun, frolicking, and food at the **Capitol Hill Village Holiday Party**. 2:00-4:00 p.m. at Church of the Reformation Parish Hall, 212 E. Capitol St. NE.

The potluck tradition continues, so bring something to share with the group. If you need a ride, let us know — we'll get you there!

Register at: <https://capitolhill.helpfulvillage.com/events/13823>



Capitol Hill Village
1355 E Street SE
Washington, DC 20003