



VILLAGE NEWS



Some Capitol Hill Village members avoided cooking on Thanksgiving by taking advantage of the offer by Capitol Hill Village to prepare and deliver dinners. Dawn Nelson (left) and Abby Yochelson put the finishing touches on one of the 90 meals that were prepared and delivered by CHV members and volunteers. More pictures on page 7.

CHV Provides Resources to Help Members Stay Food Secure

Although Congress restored funding for SNAP benefits (formerly known as Food Stamps) and the Women Infants and Children (WIC) programs after the government shutdown, millions of Americans face loss of Food Stamp benefits next year due to changes in the new tax and spending law. The experience of the government shutdown and the impending loss of benefits for many has increased awareness of the problem of food insecurity in this country. Someone is considered "food insecure" if they lack consistent and affordable access to healthy, nutritious food.

During these times of uncertainty, Capitol Hill Village wants to make sure our members are aware of food assistance programs within and outside of CHV. As a community, we recognize that some of our members may still be concerned about how they will get or pay for the food they need.

Capitol Hill Village can connect members with volunteers who are able to prep and deliver hot meals. We are also partnering with DC Central Kitchen to serve members who would like meals for pickup at Capitol Hill Towers or delivery to their home up to three times a week. Folks interested in the DC Central Kitchen meals can call Capitol Hill Village directly at 202-543-1778.

This Thanksgiving, Capitol Hill Village once again delivered Thanksgiving meals to any of our members who signed up, and we offered a meal for a guest, too.

If you would like to learn more about food resources that may be available to you, such as applying for public benefits, nutrition counseling, supplemental grocery boxes, or community dining sites, please don't hesitate to contact the CHV office at

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Scammers Never Miss an Opportunity

The end of the year is when people hear from Social Security, Medicare, the Office of Personnel Management, and others with important information related to benefits and tax forms. But, be very careful about accessing sites.

If outreach comes as an email message, be sure to verify the source by checking the address of the sender: put the cursor over the "from" name; It highlights and you will see a down arrow; click on the arrow to see the email address of the sender. Sometimes the fake address is obvious (e.g., Medicare would not be emailing you from a foreign country, indicated by something other than .gov at the end of the address). But look carefully for subtle differences.

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Scammers Never Miss an Opportunity *continued from page 1*

You will see repetition in the advice from these organizations because the tricks that scammers use are frequently the same across the landscape.

Advice from the Office of Personnel Management

- Be suspicious of any call that asks for your personal or account information, even if it claims that your account is at risk of suspension.
- Watch out for callers impersonating OPM. They will use email or social media accounts that may have an OPM logo but don't match our address. OPM's official website is www.OPM.gov, and email messages from OPM are sent from accounts ending in '@opm.gov'.
- When prompted to sign in to your account, which uses www.login.gov for authentication, ensure that the address for the webpage is www.login.gov and *not a potential phishing webpage* such as www.login.net or www.login.com.
- Never provide your retirement account information in response to a telephone inquiry. OPM will never call and ask for your Social Security number or your Services Online password. OPM will never call and ask you to update or verify personal information through an email, telephone call, or text message.

When in doubt, reach out! Immediately contact OPM's Fraud Branch at 202-606-0933.

Advice from Medicare

Scammers may pretend to be from Medicare or an insurance company to try to steal your personal information or even enroll you in a plan without your knowledge.

Remember, legitimate agents and brokers who represent Medicare plans need your permission before contacting you. If you get an unsolicited call, just

hang up. Uninvited emails or texts? You can ignore those, too.

If you suspect Medicare fraud, report it immediately to Medicare at 1-800-MEDICARE or visit Medicare.gov/fraud. And as always, never give your Medicare Number, Social Security number, or financial information to anyone you don't know.

Medicare.gov/plan-compare is your official source to find the type of coverage that fits you best during Medicare Open Enrollment (**enrollment ends Dec. 7**).

Advice from The Better Business Bureau Institute for Marketplace Trust

Advice from the Better Business Bureau Institute for Marketplace Trust can be found here: <https://bbbmktplacetrust.org>

- Never send money to someone you have not met face-to-face.

- Don't click on links or open attachments in unsolicited email or text messages.
- Avoid making quick purchases while browsing social media.
- Don't believe everything you see or read.
- Be extremely cautious when dealing online with anyone you've never met.
- Don't be pressured to act immediately.
- Use secure, traceable transactions when making payments for goods, services, taxes, and debts (pre-paid gift cards, for example, cannot be traced).
- Whenever possible, work with businesses that have proper identification, licensing, and insurance.
- Be cautious about what you share on social media.

Here's an example of a message that is definitely NOT from the Social Security Administration. Do not click the link in the blue box if you get a message like this!

This correspondence is an official advisory that requires your **immediate attention**. To ensure the accuracy of your Social Security records and the integrity of your personal account, please download and review the official documents related to your Social Security statement without delay.

Your document is now ready for download.

- Please **download the attachment** and follow the provided instructions.
- Please make sure to **install the required file**.
- **NOTE:** Statements & Documents are only compatible with PC/Windows systems.

Thank you for choosing to receive your statements electronically.

Download Document

Failure to download and complete the verification process **may result in a delay** in benefit payment.

Remember: NEVER click a link before checking the destination. The link in the blue box does NOT go to the SSA.

CAPITOL HILL VILLAGE

To reach us:

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

info@capitolhillvillage.org

<https://www.capitolhillvillage.org>

Capitol Hill Village
1355 E Street SE
Washington, DC 20003

Connect with CHV at:



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

To **become a member**, go to www.capitolhillvillage.org and click on "Membership." Dues can be paid online, or call the office at 202-543-1778.

To **support the Village**, go to www.capitolhillvillage.org and click on "Support the Village." Capitol Hill Village is a 501(c)3 charitable institution, and your gift is tax deductible.

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*

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FROM THE EXECUTIVE DIRECTOR

You are Not Alone This Holiday Season



Judy Berman

We are smack dab in the middle of the holiday season. Some of you have probably weathered traffic jams or crowded airports to visit friends and loved ones for Thanksgiving, or maybe you're

planning to travel for Christmas, Chanukah, Kwanzaa, or New Years. Others have closely monitored the roads and air traffic delays, waiting impatiently for the arrival of beloved children and grandchildren, dear friends and other loved ones, to experience the holidays and build memories. We're shopping, cooking, planning, and anticipating the coming month with joy in our hearts.

And some of us are dreading the entire season.

Holidays are filled with pressure to get places near and far, to buy the right gifts, to be a perfect host, to be inclusive, to join in the festivities, and share fond memories. But what if the holidays don't elicit fond memories? Or worse, what if we've experienced losses that make those fond memories painful and the joy they once elicited feel out of reach? Or maybe the holidays are a reminder that things are changing in difficult ways, or we don't have the relationships we wish we had.

And what if, on top of the feelings of grief or sadness or disappointment we're feeling, we feel shame or embarrassment that we aren't feeling happy, and we feel lonelier than ever because everyone else is so happy, including the friends and family we usually count on to provide companionship? Or maybe we feel a mix of joy and sadness and that feels like a betrayal of a lost loved one, or we put on a happy face because we were taught to "fake it til we make it" and that's just exhausting, so we feel tired to the bone.

Many of us face the holidays with ambivalence if not absolute dread. The season becomes something to survive rather than enjoy. And the last thing we want to do is bring anyone else down with us, so we keep our feelings to ourselves. Or maybe we just feel down and don't even have the words to describe or understand what's happening inside.

I want you to know that if the holiday season is making you feel blue, you're not alone. Many of us share these feelings whether we're vocal about them or not. And many of us will ride a roller coaster of emotions until New Year's Eve is behind us and we can go back to our familiar way of being. Though retailers would like us to believe that good cheer is as easy to buy as toys on Amazon, the truth is that the holidays invoke a range of emotions and experiences and you don't have to pretend otherwise, at least not among your friends at CHV.

It's important to me that CHV is a community where we can be real about our lives and about the experience of aging. This means acknowledging both the joys and opportunities as well as the challenges. Now holiday blues are not unique to older adults—the crazy world of Hallmark movies and retail ads is enough to make anyone feel like they aren't living up to the hype. But there are some difficult experiences that are more common as we get older, such as the death of parents, siblings, spouses, and children, and physical changes that can make it more difficult to enjoy the same activities in the same way we once did. The contrasts can be pushed into the foreground for us during the holidays, when the emphasis is on traditions and rituals that serve as constants and which connect us to our past. We become aware of the seasons, and that can be joyful and it can be melancholy.

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FROM THE BOARD

Happy Holidays!



Ceci Albert

What a wonderful time of year! OK, so it *is cold* and we may get some snow, but, finally, days will start to get longer!

As the new CHV Vice President and former Treasurer, I

want to reinforce some of the messages you received in November: **Capitol Hill Village depends on unrestricted individual giving more than ever before.** Many of our programs are funded by government and private foundation grants, and these sources of funding are under attack. If you are still considering an end-of-year gift, an end-of-life gift, or just a holiday gift, please dig deep—the CHV programs you have

come to rely on depend on support from members, donors, and volunteers like you.

That said, I also want to put in a **plug for our annual fundraising event, the CHV Gala.** This year we will join in celebrating 100 years of Route 66. We are a country with strong links to our cars. I know most of us have fond memories of a road trip. My favorite memory was not on Route 66, but on a trip from Santa Monica, California, to Cocoa Beach, Florida. My parents, eight siblings, and I headed north to the Trans-Canadian highway for a month-long camping adventure that ended with visits to relatives down the east coast.

What was your favorite road trip? Bring your neighbors and friends to join us on March 21 at St. Mark's

Episcopal Church to celebrate Route 66 and our own favorite road trips. This fun event is designed to provide opportunities to get to know each other and to raise money for a cause we all believe in. This will also be the first opportunity to sign up for Salon Events that provide small group opportunities to meet with local celebrities.

Coincident with the Gala is our Silent Auction. At this time of the year, we are looking for items to include in the auction. Do you have a vacation house to offer? Do you have a special skill to offer? In the past, this has included personal tours of local landmarks, tutors, hand crafted Christmas stockings, hats and scarves—even use of a small truck for those trips to the dump! Creative ideas are welcome!

FROM THE EXECUTIVE DIRECTOR

You are Not Alone This Holiday Season *continued from page 3*

If nothing else, I write to let you know that CHV is here for you if you're facing the holiday season with something less than open arms, if you're feeling lonely, or just feeling the weight of the world. If you need support in coming up with ways to handle it, please reach out. If being among food and friends helps you get through the day, then come to the CHV Holiday Party on December 9 where I promise a friendly welcome and some excellent sweets. If you just want someone to talk to who won't judge or criticize, we can do that, too. Stop by or call.

As I hope you have experienced through the years, CHV is not a fair-weather friend. We don't turn folks away when they start to need more help or when they lose their sunny outlook, temporarily or otherwise. We're here for all of it and with your ongoing participation and support, we will continue to be for a long time to come.

If it's enough to know that "this too shall pass," that your feelings are acceptable and nothing to be ashamed of or sorry for, then I'm glad. But if it's not enough, here are a few suggestions for ways to manage the challenge of the season:

- **Create new rituals.** If old rituals bring you distress, or if the rituals you know from the past bring up negative rather than positive memories, create something new that focuses on something you enjoy or something that brings you peace. If you want to maintain something of the past, create a variation, such as a new way of doing something or a new location.
- **Allow yourself to feel sad.** Feeling sad now doesn't mean you'll feel sad always. It's not indulgent, it's not wallowing, and it doesn't mean the sadness will get bigger. Fighting or denying your feelings will only drain your energy. So, make room

for the difficult feelings, give them space to be seen and heard. You don't have to perform happiness.

- **Honor the person or people that you're missing.** Find a way to include them in what you do, so you can be comforted by their presence. .
- **Reach out to friends or loved ones and ask for what you need.** People are often ready and willing to help once they know what you need from them. And it doesn't have to be a task or activity. Maybe you want someone to listen, or reminisce, or be support when you try something new.
- **Volunteer.** Doing for others can be a good way to get out of our own heads and can give us something to feel good about.

Resources to Help Members Stay Food Secure *continued from page 1*

202-543-1778. We are happy to help connect members with any resources they may need.

Below are some resources that you can sign up for on your own or with the support of CHV:

Community Dining Sites

These places provide free lunch and social activities Monday–Friday, 10:00 a.m.–12:00 Noon

Eligibility: 60+ years old

There are many locations near Capitol Hill including:

- **Hayes Senior Wellness Center,** 500 K Street NE
- **Greenleaf Senior Building,** 1200 Delaware Ave SW

- **Arthur Capper Senior Apartments,** 900 5th St. SE
- **Delta Towers,** 808 Bladensburg Rd. NE

To access a full list of dining sites and **other programs** including one-on-one nutrition counseling focused on helping folks plan healthy meals within their budget, and navigate resources to support access to food and nutrition, folks can contact Seabury Resources for Aging, the Ward 6 Lead Agency for older adults, at 202-948-2061.

Free Grocery Boxes

Grocery Plus: Free monthly 25–30 lb. boxes of groceries



Eligibility: SNAP eligible older adults 60+ years old; proof of age and DC residency required.

Call 202-644-9880 to sign up

SHARE: \$30 Value Packs of Groceries

Eligibility: Any DC Resident

Call 1-800-21-SHARE (toll-free) or 301-864-3115

Your Support Keeps the Village Strong



Linda Pettie

*By Linda Pettie
Chair, CHV
Development
Committee*

As Capitol Hill Village's End-of-Year Fundraising Campaign continues, we're

reminded how essential your support is for keeping our community vibrant, connected, and resilient.

This year, CHV faces new financial challenges as government and foundation funding decline. Unlike many organizations, the Village does not rely on membership dues to cover our operating costs—they provide only a small portion of what's needed to keep programs and services going.

End-of-Year Campaign contributions will help CHV continue to provide essential services, social connections, and opportunities for engagement that help older adults thrive on Capitol Hill.

Our Members Say It Best

"I always call the Village first—the staff are so helpful and kind."

"The Village gives me opportunities to share my experiences, strength, and hopes."

"I can't imagine not having a Village as a resource and opportunity for good. Long live CHV."

Ways to Give

- **By mail:** Send a check or credit card information to the office.
- **By phone:** Call 202-543-1778 to discuss gifts or stock transfers.
- **Online:** Simply scan the QR code or visit this site to give securely: <https://capitolhillvillage.org/2025Donation>

If you haven't made your annual gift yet, please consider joining others in supporting this year's campaign. Every donation—large or small—helps ensure that Capitol Hill Village

remains strong and sustainable for the future.

Your generosity is what keeps Capitol Hill Village strong—today and for years to come.

**Please
Support
CHV**



THANKYOU!

Upcoming Speakers are Announced

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

Tuesday, December 2, Farah Karin-Cooper, Folger Library Director



The new 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.

Tuesday, January 13. Michael Hash: New Threats to the Affordable Care Act



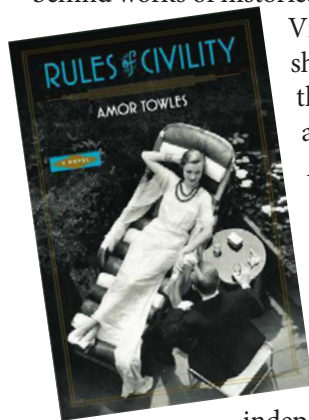
When the Affordable Care Act was signed into law by President Barack Obama on March 23, 2010 it was called "perhaps the greatest

overhaul of the US health-care system" since the passage of Medicare and Medicaid in 1965. In May 2019, Michael Hash talked to Village Voices about the implementation of the law. Now, after the drama of recent debates over the extension of ACA premium subsidies, Michael Hash is again going to talk with Village Voices about the status of the ACA and whether we can still call it either affordable or viable.

In 2009, Hash was deputy director of the White House Office for Health Reform and one of the architects of the ACA. He then served as director of the Office of Health Reform at the Department of Health and Human Services from 2011 to 2014 where he played a key role in implementation of the ACA.

Monday, February 9. Heidi Applegate: Art in Fiction

Fiction often has a factual background, but it may take an expert to spot it. Heidi Applegate has made a specialty of examining the art and artists behind works of historical fiction. For



Village Voices she will analyze the art and architecture in Amor Towles novel, *Rules of Civility*. Dr. Applegate is an

independent art historian. She holds a Ph.D. from Columbia University and worked at the National Gallery of Art for over ten years. Her adjunct teaching experience includes a recent course on museum ethics for American University, and she offers a regular summer Art & Fiction series through the Smithsonian Associates.

Monday, March 2. Kathleen J. Frydl: Identity-based Politics

We hear a lot about "identity politics," but very little about its most powerful beneficiary: corporations. In her latest book, historian Kathleen J. Frydl looks at how, in the recent past, corporations claimed new and different attributes of identity to shield themselves from government

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.



regulation. She shares the highlights of her research in this talk that will venture beyond the courtroom to examine Congress as

the surprising source of the identity-based rights and privileges bestowed on the modern corporate entity.

Kathleen J. Frydl holds a Ph.D. in history and specializes in American political development in the twentieth century. Her published work includes two books: the award-winning *The GI Bill* (2009) and *The Drug Wars in America: 1940-1973*, named one of *Vox's* "Best Books We Read in 2014." Writing for a general audience, her work has appeared in *Vox*, *Dissent*, *The American Prospect*, *StatNews*, and the *Washington Monthly*. Her next book, *Liberalism and the Reinvention of the Modern Corporation*, will be published in 2026 by Oxford University Press.

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 is Thankful



On the day before Thanksgiving, 22 volunteers (plus assorted kids and family) prepared 90 meals that were then delivered to 50 households of CHV members. The recipients enjoyed turkey, dressing, potatoes and gravy, green bean casserole, and pumpkin pie. Food donations came from Fulcrum Residential, Mr. Henry's, and the Herrick family.



Time is Running Out for End-of-Year Contributions

Capitol Hill Village's annual giving campaign makes an impact on all services—from health and social activities for active older adults to meal delivery, transportation, and in-home assistance for those needing more help. Financial support is especially critical for support of outreach efforts to isolated individuals and as well as essential services to those in greatest need who are struggling with limited outcomes and challenging health issues.

The campaign supports areas of greatest need that are not covered by membership dues and government and foundation grants. Time is running out, but there are a variety of options for making a gift to CHV as explained at: <https://capitolhillvillage.org/about-donations>

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. You can donate at this site: https://capitolhill.helpfulvillage.com/fundraising_campaigns/45-2025-end-of-year. Gifts can also be made by calling the CHV Office at 202-543-1778.

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 charities. For these individuals, the IRS excludes from taxable income distributions from IRAs up to \$100,000 if they are donated directly to charities.

To make a QCD to Capitol Hill Village, contact your broker, financial advisor, or custodian who will provide the required form. 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. This action takes time, so don't wait any longer if you are planning to take it.

Donation 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.

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

Thank you for your support!

Neighbors Helping Neighbors...

Although the government shutdown is over for at least another two months, there remains a huge demand for food and resources in the community. Capitol Hill Village's Seniors Defending Democracy affinity group is joining in fundraising for the Capital Area Food Bank. By the end of November, the group had raised over \$5,000 through the team's page on the CAFB website.

Here's the link to the CAFB website: <https://give.capitalareafoodbank.org/give/324509/#!/donation/checkout>

If you are a CHV member with concerns about how to get or pay for the food you need, contact us at info@capitolhillvillage.org or call 202-543-1778.



We're Taking a Road Trip on March 21

The iconic Route 66 celebrates its 100th Anniversary next year, and the community is invited to ride along at the annual Capitol Hill Village Gala on March 21. It's an important fundraiser for CHV and a "don't miss" event for the Capitol Hill community.

People will have fun dancing to tunes spun by DJ Jim Dawson (line dances will get everyone moving); we will enjoy good food and conversation; and we will salute CHV members, volunteers, the community, and others who help older adults thrive in a vibrant, inclusive, and age-friendly community.

Watch for more information:

Early January: Lock in your tickets and sponsorships.

February: the silent auction site opens for previews; get the first peak at offerings that will include gift certificates for businesses, restaurants, services, and more; and an array of vacation homes at the sea, in the mountains, and places in-between.

March 1: The auction site opens for bidding

March 21: Gala at St. Mark's Church, 301 A St. SE. This will be the first



opportunity to purchase seats at Salon Dinners.

The Gala is a great opportunity to introduce friends and neighbors to the Village. Know a neighbor (young or older) who is looking for volunteer opportunities? (See below for more info on volunteering.)

Have a friend who has recently retired and is looking for friends, social events, and support? Tell them about the Gala and—perhaps—offer to go with them.

Volunteer: You can also have fun working on the Gala—we can use volunteers to:

- Help get items for the silent auction; if you frequent a business, consider asking them to donate a gift certificate.
- Help plan salon events by identifying potential guest speakers or hosting an event.
- If you or someone you know has a vacation home, consider putting it into the auction.
- To volunteer, contact the CHV Office at 202-543-1778 or info@capitolhillvillage.org.



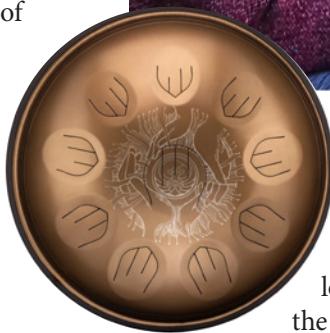
Drumming Up a Beat

By Nick Krebs

Those who have been attending the Capitol Hill Village Drum Circle may have met Nancy Lee, a CHV member, who sometimes brings percussion instruments from her own collection to the group.

Nancy's collection began when her children were young. She bought drums made in the style of traditional African cultures at local markets, and found her kids enjoyed playing with them. Now, as her collection has expanded, she finds that neighborhood grandchildren enjoy them as well.

In addition to the various types of drums in the collection—now expanded to drums of different cultural origins, including two of Native American make—there are several different percussive instruments. One is a rattle-like instrument made from a dried gourd, similar to the Shekere from Yorubaland in West Africa and the Axatse from Ghana. Another is a steel tongue drum, a modern instrument based on African slit drums, which has a circular appearance with several



“tongues” which make different notes when played.

Her collection and local groups such as the CHV Drum Circle help residents of all walks of life discover new passions and meet new people. Nancy Lee is one of many people whose interests and passions make Capitol Hill the vibrant and

exciting community that it is—for several years she led Purls of Wisdom, the affinity group for knitters and needleworkers.

The CHV Drum Circle convenes on Fridays, from 1:30-3:00 p.m. at various locations. Check the CHV online calendar for the location. All are welcome. No musical experience required.

Nick Krebs is a CHV volunteer.



Capitol Hill Village was represented at the annual House Expo sponsored by the Capitol Hill Restoration Society. People stopped by to learn about the Village from Jenna Jones, and for the chance to spin for a prize.



CHV members Patrick McClintock and Marilyn Goldberg, at left, joined the teens to help with lawn cleanup

Raking Leaves and Building Bridges

Bridging Hearts is a program run by teenagers at St. Mark's Episcopal Church seeking to foster intergenerational relationships between young people and seniors at St. Mark's and in the larger community. A group of youth recently organized to rake leaves and clean up yards for Capitol Hill Village members.

The Bridging Hearts youth leadership team is looking for additional opportunities to partner with CHV, get to know its members, and build bridges across generations. They can help with errands, dog walks, and holiday decorating, among other things, and they will be baking cookies for CHV members in December.

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.



Looking Out for Health

Care Access recently visited Capitol Hill Towers to collect blood samples from residents, offering vital insights into their risk for heart attack, heart disease, diabetes, kidney disease, and more. This proactive screening helps empower our community with knowledge and early detection tools to support long-term wellness. At the same time, participants were given opportunities to enroll in research studies.

Visit Care Access' website to get more information: www.careaccess.com.



December Events

Office Closures in December

- December 9, 1:00–5:00 p.m.: CHV Holiday Party
- December 18, 1:00–5:00 p.m.: Staff Development
- December 24–25: Christmas holiday
- Dec. 31–Jan. 1: New Year's holiday

Monday, Dec. 1, 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, Dec. 2, 7:00–8:00 p.m.

Virtual Event: Voices with Farah Karin-Cooper

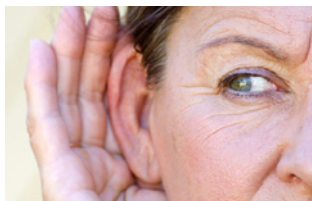


The director of the Folger Shakespeare Library will talk about her recent book “The Great White Bard: How to Love Shakespeare while Talking about Race. Karin-Cooper previously served on the executive leadership team at Shakespeare’s Globe in London.

Wednesday, Dec. 3, 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.

This month we will hear from some of our regular attendees about their hearing journeys. We hope to learn from each other’s successes and struggles, find some common ground, get ideas and advice, and remember and reinforce that none of us are alone.

Open to all.

Wednesday, Dec. 3, 5:00–6:30 p.m.

The Residences Library, 333 Eighth St. SE

Defending Democracy Group

We’re going to start off the meeting with a discussion of Substack post by Simon Rosenberg. It’s a discussion of the increasing fragility of Trump’s coalition and we’d like to follow it up with a general discussion of the sorts of activities we’d like to focus on at the beginning of next year. Please come prepared with suggestions!



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.

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.

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December Events *continued from page 12*

Hazardous Waste Pick-up, *continued*

E-waste (televisions, TV remotes, computers, monitors, modems, DVD players, cellphones, NiCad batteries, etc.) and other items not accepted in weekly home trash pickup. Remove your hard drive from computers you are disposing. Wipe your address book and personal information from cellphones.

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



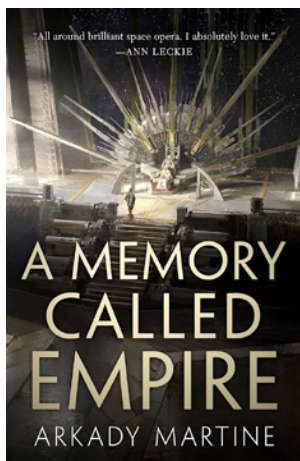
If you need assistance, call the CHV office at 202-543-1778 or e-mail info@capitolhillvillage.org. When you register, please indicate what and how much you have to be picked up.

Members only.

Thursday, December 4, 4:00–5:30 p.m.

Private Home

Wyze Guyz Readz Book Club **New Affinity Group*



The Wyze Guyz Readz Book Club will discuss new thrillers, sci-fi adventures, mysteries, and other genre in fiction. Our book this month is *A Memory Called Empire* by Arkady Martine. Ambassador Mahit Dzmare arrives in the center of the multi-system Teixcalaanli Empire only to discover that her predecessor, the previous ambassador from their small but fiercely independent mining station, has died. But no one

will admit that his death wasn't an accident—or that Mahit might be next to die, during a time of political instability in the highest echelons of the imperial court.

Now, Mahit must discover who is behind the murder, rescue herself, and save her station from Teixcalaan's unceasing

expansion—all while navigating an alien culture that is all too seductive.

Winner of the 2020 Hugo Award for Best Novel and An NPR Favorite Book of 2019.

Open to all.

Friday, December 5, 5:30–6:30 p.m.

Virtual Event: Quarterly Volunteer Training + All members and volunteers

Join **Delores Clearfield**, Senior Director from Charles E. Smith Life Communities, for a virtual training on effectively navigating the continuum of healthcare and wellness services as we age. Delores will explore different What If scenarios, how to find and be an advocate for yourself and others, and she will break down healthcare terms and services.



Village Connections volunteers are highly encouraged to attend as part of their quarterly volunteer training. While this training will be geared to our volunteers, we recognize all of our community benefits from this information. Feel free to join us whether you are a CHV volunteer, member, and/or care partner.

Saturday, Dec. 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. 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.

December Events *continued from page 13*

Tuesday, December 9, 2:00–4:00 p.m.
Church of the Reformation Parish Hall,
212 E. Capitol St. NE

CHV Potluck Holiday Party

Join us for fun, conversation, and food! We are continuing our potluck tradition so please consider bringing a dish to share. See the back page for further information. See the back cover for more information. If you need a ride, please let us know—we'll get you there! Call the CHV office at 202-543-1778 or e-mail info@capitolhillvillage.org.

Open to all.

Tuesday, Dec. 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.

Wednesday, Dec. 10, 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.

Thursday, December 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.

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

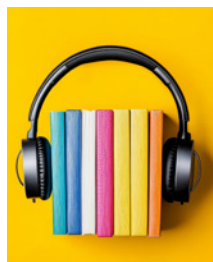
Members only.



Myles Nienstadt

Thursday, Dec. 11, 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, Dec. 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, Dec. 11, 4:30–6:00 p.m. ***Time Change**
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: Nuremberg, Sentimental Value, Frankenstein, Blue Moon, Springsteen, History of Sound, Train Dreams; and Classic: The War Game, directed by Peter Watkins (1965); Amazon. Beware: many other films have this same title!

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

Members only.

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December Events *continued from page 14*

Friday, Dec. 12, 9:00–11:00 a.m.

Your Home

Goodwill Pick-up

NOTE: Signup deadline is 12:00 Noon, Wed., Dec. 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
- Books and Records

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

Members only.

Saturday, Dec. 13, 3:00–6:00 p.m.

Lincoln Theater, 1215 U St. NW

Theater Group at Gay Men's Chorus

Join a group of CHV members to attend matinee performance of "The Holiday Show" by the Gay Men's Chorus of Washington DC on December 13. Buy tickets at <https://www.ticketmaster.com/event/1500633EC73A7993>

This is the Chorus's most popular show, and this year features new, soulful arrangements of your favorite holiday carols. The elves will be high-kicking and the snowflakes will sparkle. Songs include "O Holy Night," "Rudolph the



Red Nosed Reindeer," "Let It Snow," "We Wish You the Merriest," "Santa Daddy," "Auld Lang Syne," and "Go Tell It on the Mountain."

The performance will be followed by a buffet supper at Dukem's Ethiopian restaurant at a cost of \$25–30 cash for those who would like to join.

Members.

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

Tunnickliff's, 222 Seventh St. SE

Wyze Guyz

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

Members and volunteers.

Monday, Dec. 15, 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 Dec. 1 entry.

Open to all.

Tuesday, Dec. 16, 4:00–5:30 p.m.

As You Are, 500 Eighth St. SE

LGBT Member Meetup

This is a group for CHV members and their friends. Get to know your neighbors at Capitol Hill Village's monthly LGBT Member Meetup. Enjoy an afternoon of socializing—RSVP required!

Open to all.

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December Events *continued from page 15*

Tuesday, Dec. 16, 6:00–7:15 p.m.

Virtual Event: LGBTQ Social Hour

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

For more information, contact Sophia at sross@capitolhillvillage.org or call 202-543-1778 x204. Our LGBTQ programs are funded by the DC Department of Aging and Community Living and are open to any DC resident.

Open to all.



Thursday, December 18, 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

Visit to the National Gallery of Art

Join other CHV members for a walk to the National Gallery of Art. Once at the museum, which has no admission charge, choose your own

viewing agenda or join a docent for an 11 am tour.

Check the NGA website for current exhibits at: <http://www.nga.gov/content/ngaweb/exhibitions/current.html>. At 12:30 p.m. we'll meet at the Cascade Cafe for lunch together, then walk back up the hill, or resume your own gallery viewing.

Open to all. Please register to be advised of changes.



Thursday, Dec. 18, 6:00–7:30 p.m.

Private Home

Village Opera Society

Annual Potluck Holiday Party! Join fellow opera lovers for an evening of good conversation, delicious food (as long as you bring it), and conviviality. There may be a quiz or a different bit of entertainment.

Bring food and drink to share.

Members.



Friday, Dec. 19, 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 provide feedback on how to best support long-term volunteer connections. Village Connections volunteers will continue to have access to Quarterly Trainings.



Lizzy Kosin

Contact **Lizzy Kosin**, (lkosin@capitolhillvillage.org) LICSW, Director of Care Services and Point of Contact for Village Connections program, to let her know that you plan to drop-in for support and which 15-minute interval you prefer.

4pm-4:15pm

4:30pm-4:45pm

4:15pm-4:30pm

4:45pm-5pm

Zoom link will be provided once Lizzy is notified of attendance.

Volunteers only.

Saturday, Dec. 20, 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 Dec. 6 entry for further information.

Open to all.

Monday, Dec. 29, 3:00–4:00 p.m.

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

See December 1 entry.

Wednesday, Jan. 7 3:30–4:30 p.m.

Virtual Event: What We're Hearing

See the Dec. 3 entry. Please contact **Alex Smith** with any questions or concerns: asmith@capitolhillvillage.org or (202) 543-1778.

Open to all.

Mondays, 9:30 a.m.

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Ongoing Events

Meet at the plaza outside the Eastern Market North Hall

Easy Strollers

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

Open to all



Mondays, 10:00 a.m.–12 Noon

Virtual Event: DC Center for LGBT Community—Coffee Hour

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

Mondays, 11:00 a.m.–12 Noon

Residences at Eastern Market, 777 C St. SE (first floor)

Tai Chi

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



Open to all. Registration required.

Mondays, 12 Noon–1:00 p.m.

Capitol Hill Towers, 900 G St. NE

Mindful Monday—Peer Recovery Support Group

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

Open to all.

Mondays, 1:00 p.m.

Second and I Streets. SE

Petanque

Join a group of Capitol Hill game enthusiasts for a friendly game of Petanque, which is the French game of boules and similar to the Italian game of bocce. Paul Cromwell provides

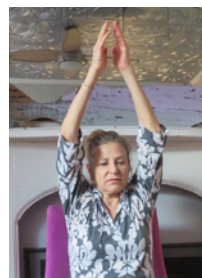


instruction for beginners. For more information, contact Paul at: pcromwell23@gmail.com

Members and volunteers. Registration required.

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

The Residences, 777 C St. SE, 6th Floor

Qigong

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



Open to all.

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Ongoing Events *continued from page 17*

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

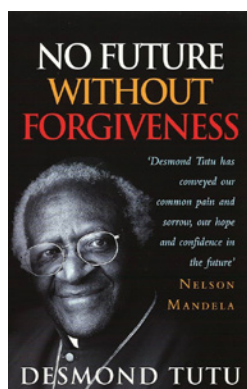
CHT Grief Support Group

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 *No Future without Forgiveness* by Desmond Tutu. Amazon says: Tutu argues that true reconciliation cannot be achieved by denying the past. But nor is it easy to reconcile when a nation "looks the beast in the eye." Rather than repeat platitudes about forgiveness, he presents a bold spirituality that recognizes the horrors people can inflict upon one another, and yet retains a sense of

idealism about reconciliation.

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.

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.

Ongoing Events *continued from page 18*

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.

Fridays, 1:30–3:00 p.m.
Northeast Neighborhood Library, 330 Seventh St. NE

CHV Community Drum Circle **New Affinity Group*

Drum your way to connectedness and joy! Join us weekly for an hour of cardio drumming. Bring a drum or any other percussion instrument. No experience necessary, and all are welcome.

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!

Open to all.



Call for Cookies!

Once again, we are asking our wonderful volunteers to bake, pack, and deliver holiday cookies for our members! [Register here.](#)

Bakers—please sign up and make at least one full recipe of cookies (tell us how many cookies you will be making), then:

- Bring cookies by the CHV Office by Monday, December 15, **or**
- Request that we pick them up at your house.

Packers and delivery folks:

Sign up to package the cookies on Tuesday, December 16 **or** deliver them that same day or Wednesday, December 17. *Just note what you would like to do in the comments area.*

CHV Potluck Holiday Party

Tuesday, December 9
2:00–4:00 p.m.

Church of the Reformation
Parish Hall
212 East Capitol Street NE

COAT DRIVE

for Goods to Good at
Capitol Hill Towers.
Donate a new or gently
used coat at
the party.

Click Here to Register

The potluck tradition continues: please bring something to share with the group.

If you need a ride, let us know — we'll get you there!

All CHV members and volunteers are welcome!

If you can't bring a dish, we still encourage you to join the celebration. We'd love to see you!



Capitol Hill Village
1355 E Street SE
Washington, DC 20003