

VILLAGE NEWS



It was another successful holiday cookie extravaganza—over 2,000 cookies in 425 bags, packaged and delivered by 30 volunteers from CHV, the Girl Scouts, and the St. Peter School. More holiday cookie pictures on pages 2 and 6.

FROM THE EXECUTIVE DIRECTOR

It's the Annual Report



Judy Berman

Happy new year to our Capitol Hill Village community. I hope you found meaning and connection during the holiday season and that your new year is off to a promising start.

Continuing a tradition started a few years ago, this column will present CHV's annual report. Rather than spend time, money and resources to produce a separate report, I thought it made a lot of sense to publish an annual summary of our activities and finances in our newsletter, which goes to over 1,600 interested people every month, mostly in digital form. It represents the very best of our village—a collaboration among the folks who contribute as writers and populate our calendar, our outstanding editor, Karen Stuck, and stand-out designer, Roxanne Walker,

and our readers. It says a lot about who we are as a community, just as an annual report should.

Let's start with the obvious. Fiscal Year 2025—from October 1, 2024 through September 30, 2025—was a mixed bag for a lot of us. CHV had some major successes and some real disappointments. We hired some great people (here's looking at you, Lizzy Kosin, Director of Care Services) and stood up some fabulous programs (e.g., Memory Studio, What We're Hearing). But we also lost some great people on our staff and in our community, and watched the federal government divest from its commitment to public health, among other major disappointments. The latter had real financial



Lizzy Kosin

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Navigating Mobility Options for Your Health

By Ashvita Vasireddy

Getting around this city may feel effortless until, gradually or suddenly, it doesn't. It can be as simple as wondering whether you'll feel steady enough to walk a few extra blocks, whether a bus route still feels manageable, or who to call when getting to an appointment starts to feel stressful instead of routine. Mobility is about much more than transportation; it's about independence, confidence, and staying connected to the life you want to keep living.

When we are mobile, we have options. It lets us say yes to lunch with a friend, make it to a doctor's appointment without worry, or spend time out in our beautiful neighborhood. It supports

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physical health through movement and mental health by reducing isolation and anxiety. Feeling able to get from place to place helps everything else fall into place. That's why mobility is at the heart of wellness.

As Capitol Hill Village's Mobility and Wellness Program Manager, my role is to help make it easier, safer, and less stressful to get around Capitol Hill, however that looks like for you. No two members have the same needs, and those needs can change over time. My goal is to make sure support is there before things feel urgent or overwhelming.

One of the most important things I want members to know is this: needing support with mobility is incredibly normal. Many people hesitate to ask for help because they don't want to feel like a burden, or because they're not sure whether their situation "counts." Others wait until getting around becomes truly difficult before reaching out. But CHV's transportation support isn't only for emergencies. It's meant to help you maintain independence, confidence, and choice.

Transportation support through CHV can look different depending on your needs. It might mean help getting to medical appointments, running

CHV's transportation support isn't only for emergencies. It's meant to help you maintain independence, confidence, and choice.

errands, or attending social activities you enjoy. It might also mean having a reliable backup plan on days when walking feels harder, the weather isn't cooperating, or public transportation feels overwhelming. CHV also hosts travel training workshops for CHV members, focused on building confidence and comfort with different ways of getting around the city. There's no single right way to use these services. What matters is what helps you continue living well and staying connected.

If you're new to CHV transportation support, the best place to start is with a conversation. I'm always available for one-on-one transportation consultations to talk through your specific situation, help you plan ahead, or explore options you may not know are available. You don't need to have everything figured out or come in with a detailed plan. Questions are always welcome, whether you're thinking ahead, exploring options, or unsure

of what kind of help might be useful. Reaching out early can make a big difference when life throws something unexpected your way. If you would like to talk, don't hesitate to contact me at avasireddy@capitolhillvillage.org or 202-543-1778.

Mobility can change gradually, and often quietly. It's okay to acknowledge those changes and ask for support along the way. CHV is a partner as your needs evolve, through transportation services, safety efforts in our neighborhood, and a strong community of volunteers and staff who care deeply about helping members stay active and connected. If getting around ever feels harder than it used to, you don't have to navigate that alone. Whether you're planning ahead or navigating a new challenge, support is here, and we're always happy to help you think through what might make getting around feel easier and less stressful.

Ashvita Vasireddy is the CHV Mobility and Wellness Program Manager.

CHV Holiday Cookies

Volunteers packed 425 bags of cookies for members. See page 6 for photos of the cookies being delivered by 30 volunteers from CHV, the Girl Scouts, and the St. Peter School. (See page 6 for more cookie photos.)



CAPITOL HILL VILLAGE

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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.



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, Volunteer Manager

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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NEWS FROM DC VILLAGES COLLABORATIVE

Strengthening the DC Village Movement



The DC Villages Collaborative (DCVC) has been busy this season—responding to more than six funding opportunities aimed at strengthening the Village network and expanding equitable access to aging-in-place support across

DC. With 13 active Villages serving older adults in all eight wards, DCVC is working to secure the resources needed to reinforce the infrastructure behind this growing movement.

The goal is to help Villages work together to improve programs and operations and secure the resources to support them. Working with the



Department of Aging and Community Living, its largest single funder, DCVC has committed to broadening

the Village movement in DC. The FY 2026 grant from DACL includes provisions to further the incubator program for new Villages in previously uncovered parts of the city. It provides incentives to existing Villages to reach unserved and underserved populations within their footprints.

Much of DCVC's funding strategy centers on building Village capacity. This includes training for Village leaders, shared resources that reduce administrative strain, and opportunities for collective purchasing that allow Villages to stretch their dollars further. The goal is to strengthen the backbone of each Village while creating efficiencies across the entire network.

DCVC's funding efforts also prioritize the equitable expansion of the Village model. Historically, Villages have not been evenly distributed across DC, leaving apparent service gaps—particularly in communities of color and in neighborhoods with lower household incomes. The new proposals aim to change that.

The newly developing Uptown Senior Village in Ward 4 is gaining significant momentum. What started as an informal conversation has grown into a nearly 80-member community eager to participate in a Village that reflects their shared values and experiences. The Uptown Senior Village is working with DCVC to shape its next steps, and DCVC is supporting the group as it clarifies priorities, builds structure, and moves toward a formal launch.

The third focus area—advocacy—ties everything together. DCVC is leveraging the real experiences of older adults and the insights gained from serving diverse neighborhoods to champion policy changes across the District. These funding requests will help amplify those voices, strengthen data-driven storytelling, and ensure that the Village movement plays a central role in shaping aging policy.

It's the Annual Report

continued from page 1

implications for CHV which, since the onset of the COVID pandemic, has received federal funding to help ensure all older adults had access to vaccines.

Fortunately, CHV Continues to Be Stable

- Our endowment—\$1,203,869 as of September—had and has never been tapped for any operational needs (beyond scheduled dividend payouts).
- Membership continues to grow, and retention rates exceed 93 percent.
- Revenue and expenses fluctuate—we closed the Fiscal Year with a small deficit, but the Endowment added enough value to keep us in the black overall. However, we did make the difficult decision not to replace a member of our Care Services team who left mid-year. Had we gone ahead with a replacement, our financial picture at the end of the year would have shown a deeper deficit.

Despite challenges, CHV continues to be a strong and generous community partner.

- I'm proud to report that CHV provided subsidized memberships to 75 individuals in FY25, thanks to support from the Genderson Fund and from the Genderson family.
- We used our position as a federal grantee to support 11 of the 12 DC Villages, providing transportation and mobility education to their members.
- We also supported a nascent organization, the DC Villages Collaborative (DCVC) by serving as a Fiscal Sponsor. This means that DCVC became, in effect, a "project" of CHV so it could

use our non-profit designation and infrastructure as it found its way as a new organization. DCVC applied for its own 501c3, and our fiscal sponsorship role ended on September 30. (See "Strengthening the DC Village Movement" on page 3.)

We accomplished all this because CHV was supported in FY25 by several foundations and government entities. These include **Capitol Hill Community Foundation, AARP Foundation, Alzheimer's Association Center for Dementia Respite Innovation, Morris and Gwendolyn Cafritz Foundation, Jack R. Anderson Foundation, TD Charitable Foundation, Leonard-Litz Foundation, The Washington**

Home, DC Department of Aging and Community Living, and the Metropolitan Washington Council of Governments.

We also received generous financial support from 285 individuals and 20 local businesses, and donations for the Gala silent auction from over 80 additional individuals and businesses. We are fortunate to have such broad support from our community.

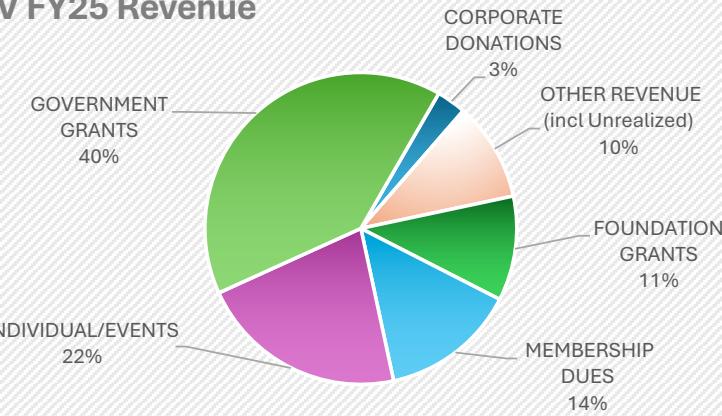
Revenues and Expenses

Our revenues show a diverse and robust development program.

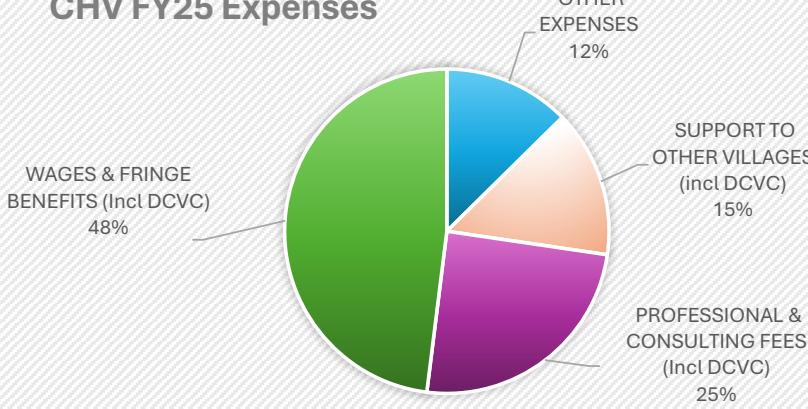
Foundation revenue was lower than expected, due in part to changes at the federal level that private philanthropy was responding to, and we hope to

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CHV FY25 Revenue



CHV FY25 Expenses



It's the Annual Report *continued from page 4*

show an increase in those dollars in FY26. We're also exploring potential new revenue sources for FY27 and beyond to reduce our dependence on government and foundation grants.

Our expense picture was complicated by our fiscal sponsorship of DCVC. That more than doubled what we show as "Support for Other Villages" as well as added significantly to our Professional & Consulting Fees," while "Other Expenses" like occupancy and insurance remained about the same. (The additional expenses for DCVC were not covered out of our own revenue, but because they are spread throughout the expense categories they alter the picture of CHV's spending). However, the overall picture shows what we know to be true—CHV's largest expense is the people who do the work to support our community, whether as staff or as consultants.

What that work looked like in FY25

- We ended the year with 496 members. We enrolled and onboarded 86 new members during the year. We lost approximately 3 percent of our members who died or moved away, and approximately 6 percent declined to renew for unknown reasons. (Those who share their reasons have mentioned not using the services, shifting charitable priorities, and financial changes, but most simply don't reply.) Thus, we experienced a **net gain in membership of close to 40 members** during FY25. About half of our members are enrolled in Membership Plus, which means they are using or have access to individual Care Services.

- **CHV held over 1,230 programs, events, and activities in FY25.** That's more than 100 each month—some once or twice a week, some

monthly, and others that occur as a series or as a single event. **659 unique individuals participated in these activities with total attendance over 4,700.** Most of these activities are Affinity Groups, initiated and led by volunteer leaders. Some are long-time favorites, like *Games and Puzzles*, and *Cinephiles*. Some are brand new, like *What We're Hearing* and *Seniors Defending Democracy*.

Two CHV Members started the very first DC Village-wide Affinity Group for individuals interested in learning more about Artificial Intelligence. For anyone new to CHV or villages in general, this is the place to start, where members and volunteers get together, have fun, learn, create, get to know each other, and enjoy what our neighborhood has to offer.

To complement the Affinity Groups, CHV programs include activities led by staff or other professionals, including Solo Aging workshops, Memory Studio, seminars on long term care insurance and legacy giving, and support groups. Staff also facilitate activities with the Capitol Hill Towers community, including socials, health fairs, and transportation information sessions. (Most of these activities are open to all CHV members.) Our Care Services team is very active in designing, scheduling and delivering many of these programs, as is our Help Desk team, so that all members can benefit from the wealth of knowledge and experience our social workers bring to our community.

The Village also Delivers Volunteer Services

- CHV filled 659 service requests in FY25. The most common request is for rides, mostly for health appointments and sometimes for groceries or other needs. 280 out of 659 requests (42 percent)

of requests were for rides. (We always need more drivers so if you or someone you know can help drive once a week or once a month, please let us know!)

- Help with indoor and outdoor household tasks is the next most common type of request at 101 (15 percent).
- Volunteers made more than 5,000 friendly visits or contacts with Village members in FY25. These are not the result of individual service requests but rather ongoing relationships between volunteers and members of the CHV community that happen every day of the week. And trust me, numbers alone cannot tell this story.

We accomplished a lot in FY25. A highlights reel might show:

- images of an art show at The Phillips Collection,
- a well-attended vaccine clinic with a Double Dutch jump-rope demo,
- a Seniors Defending Democracy education session,
- groups playing pétanque or mahjong or talking about books,
- cookie bakers and Thanksgiving meal deliveries,
- people enjoying the Starry, Starry Night Gala and so much more.

Behind it all are the quiet efforts to make sure each of our members knows that we're here for them whatever comes up, and whatever might change.

None of this would be possible without our stellar Board, our talented team of professionals, and our members, volunteers, and donors. From the bottom of my heart, I thank you for all you do for this community.

FROM THE BOARD

A Fresh Start with CHV: Staying Connected and Energized in the New Year



Linda Pettie

By Linda Pettie

As we turn the page on another year, many of us are still enjoying the glow of the Capitol Hill Village Holiday Party on December 9. It was a

wonderful reminder of how uplifting it is to gather with neighbors, share good food, and enjoy lively conversation on a winter afternoon. The community room was warm and bustling, the homemade dishes delicious, and the music and chatter filled the space with cheer.

But as the holidays wind down and winter settles in—quiet streets and a slower January rhythm—days are beginning to get longer and many Village members begin looking for ways to stay active and engaged. The new year naturally inspires fresh intentions, and even the smallest step can brighten the weeks ahead: calling a friend, joining a book club, or trying out an exercise video on YouTube.

For Capitol Hill Village members, staying connected is easy. The Village offers a rich network of neighbors,

programs, volunteers, and activities designed to support your well-being all year long. If you haven't explored these opportunities recently—or if you're new to CHV—January is a great time to start.

With more than two dozen affinity groups, there truly is something for everyone.

Arts and culture lovers enjoy Cinephiles, the Opera Society, Poetry Readers, the Second Wind chorus, and the Theater Group.

Wellness options include Qigong, Tai Chi, Recharge and Restorative Yoga, and the Easy Strollers walking group.

For lively discussion, try the Literary Group, Defending Democracy, Anti-Racism Reading Group and the Reading Pod, the Wyze Guyz Book Club, the Audio Book Club, or the Women's Conversation and Connection Group.

And if hobbies bring you joy, Mahjong, Petanque, Games and Puzzles, and the Drum Circle offer friendly camaraderie.

Winter is also a season for simple pleasures shared with others—new books, cozy meals, good conversation, or a crisp walk around the

neighborhood. Maintaining small routines can make a big difference in keeping spirits high during the darker months.

As chair of the CHV Development Committee, I'd also like to remind members that your support keeps these programs strong. End-of-year gifts and additional unrestricted contributions help us meet the growing need for services, especially as some grants we've depended on in the past face new challenges. We also encourage members to consider including Capitol Hill Village in their estate planning through Legacy Giving.

Finally, please mark your calendars for our 2026 Gala—Celebrating 100 Years of Route 66—on March 21, 2026. Invite a neighbor and save the date! Our planning committee is working diligently to make this event the best yet. PARTICIPATE in the Evening Gala and REGISTER for a Salon Event, REGISTER or DONATE to the online auction, or consider offering your VACATION HOME. We hope to see—and hear—from you!

Here's to a healthy, connected, and fulfilling start to the new year with Capitol Hill Village!

CHV Holiday Cookies



These volunteers from the St. Peter School greeted CHV members with holiday carols and a package of cookies. See pages 1 and 2 for more cookie photos.

The Low-down on CHV's LGBT Intergenerational Programs



Sophia Ross

Did you know that Capitol Hill Village has been hosting intergenerational LGBT events for over five years? That's a long time and a lot of events—over 200 to be exact.

We began our intergenerational programs at the beginning of the COVID-19 pandemic, meeting over Zoom twice a month for evenings of conversation and getting to know each other. Since then, we have partnered with LGBT groups from local universities, hosted special events for Pride Month, held a college roundtable, highlighted local LGBT spaces, and begun to regularly host in-person events. We partnered with local bars and organizations like As You Are,

The DC LGBTQ+ Community Center, and DMV Queers. Check out our past LGBT events and programs at: <https://capitolhillvillage.org/past-events/>

Our Intergenerational Extravaganza (formerly known as the Intergenerational Symposium) has bookended these programs. Hosted in September by Capitol Hill Village it's a one-day event focused solely on bringing together LGBT folks from different generations to have fun, connect, and learn together. We've had keynote addresses, we've had improv, we've had guest speakers, we've had workshops—we've done it all!

Over the past few years, the purpose of our intergenerational LGBT programs has remained the same: to help make it easier for LGBT folks from different generations to connect and build relationships. In October, we hosted a

listening session to hear directly from participants about what they'd like to see in 2026. After hearing amazing ideas, we narrowed the list of ideas, and I am excited to share the programs we would like to have in 2026:

- Virtual Book Club
- Mentorship Program
- Monthly In-Person Lunches
- Group Volunteer Opportunities
- Continuing Monthly Virtual Social Hours

In January, we will host interest meetings for these programs to see how many folks want to participate and then finalize details. If you're excited to participate or want to learn more, keep an eye on the CHV on-line events calendar—or contact me at sross@capitolhillvillage.org or 202-543-1778 x204.

Announcements & Passages

Constance Kaufman Robinson passed away on October 22. Connie was born in Washington into a family that gave her a boisterous sense of humor and an inclination to make waves.



Connie received her bachelor's degree from Northeastern University in 1970, graduating first in her class, and her J.D. degree from American

University in 1976. She earned her law degree while working at the Federal Deposit Insurance Corporation, and upon passing the bar joined the U.S. Department of Justice Antitrust Division. In 1996 she was awarded a Presidential Distinguished Executive Award, the most prestigious recognition given to a member of the Senior Executive Service.

As Director of Operations at DOJ, she led the government's merger enforcement activities and served as

DOJ's liaison with antitrust enforcement agencies throughout the world, including the European Commission. In 2003, Connie joined Kilpatrick, Townsend and Stockton, where she headed the firm's Antitrust Practice until her retirement in 2014. In retirement, Connie travelled widely with her family, became an accomplished watercolor artist, and baked an astonishing volume of Christmas cookies, which were gratefully consumed by her grandchildren, Milo and Cleo.

Internment was at the Congressional Cemetery. The family will invite friends, family and colleagues to participate in a celebration of life in 2026.

Paulette Scott passed away on December 7. A proud native Washingtonian, Paulette was a beloved member of the community. She



grew up in a big family, and although she entered the world as a twin, she stood out as one of a kind. Paulette had a successful and trailblazing career in information technology, including work at IBM. Paulette's greatest love was her family and her community. She treasured time spent with family during travels, reunions, and holidays. She also loved a good Washington Commanders game and a good game of cards. She was a vital part of the community at Capitol Hill Towers and at her church. Family and friends will remember Paulette as bold, fashionable, warm, vibrant, resilient, loving, authentic, unapologetic, and strong.

"Announcements and Passages" notes the passing of Village members as well as other significant events. 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.

Solo Aging, GYPIO, and Ready or Not Programs

Introduction

by Lizzie Kosin

Capitol Hill Village recognizes the importance of having social workers on staff, known as Care Services, to support our community with program and individual support. Members at the Membership Plus level have access to Care Services case management, but all CHV members and volunteers have access to regular training, educational sessions, and programs that support navigating the challenges, opportunities, and joys of aging.

Solo Aging, Ready or Not, and Getting Your Papers in Order (GYPIO) are “evergreen” programs that Capitol Hill Village offers to help members navigate some of the more challenging aspects of elderhood. CHV understands the importance of tackling these topics in a safe group setting where ideas and resources can be shared. After all, life really does take a village.

Solo Aging

by Cynthia Whittlesey

What are your goals for aging well, for thriving into your older years?

Do you have your finances, documents, and support networks in order?

What other relationships and support networks can you develop as you age?

What is important to you about your care in the event of a serious illness?

How important is it to you to age in place? What other options do you have?

How can you make moving to adult housing or care facilities successful?

What makes a death a “good” death?

These are some of the questions that resonated most with me during CHV's six-part Aging Solo program, offered this past fall with moderators from Iona Senior Services and Corewood Care. The 12-week course explored a range of topics critical to aging well,

To get 2026 off to a great start, Care Services encourages everyone to spend some time looking at the CHV on-line calendar. You might find a new community to add connection and joy to your life now or an upcoming program that can help you feel more prepared for the future. If you are unsure about the programs and services that would best fit you, reach out to the CHV office staff, and we will help get you connected to what you want and need.

CHV is committed to offering high quality programs that match the interests and needs of our community. In addition to our regular programs like Solo Aging and GYPIO, we are looking to expand the piloted program, Ready or Not, to our whole community and bring back programs like A Matter of Balance that are proven to help folks stay strong and active.

In this issue, three CHV members offer insights on Solo Aging, Ready or Not, and GYPIO.

What's Ahead at CHV

CHV plans to roll out the **Ready or Not Curriculum** multiple times in the coming year and the **Solo Aging Program** twice in the Spring-Summer and Fall-Winter months. Members can always inquire about starting or joining a **GYPIO Group**. CHV will provide various opportunities for Members to start a GYPIO group, including a kick-off event in April around National Healthcare Decisions Day.

CHV also plans to provide additional programming such as an in-person **A Matter of Balance** program for fall prevention. Members interested

in virtual fall prevention workshops can find offerings through DC's **Safe at Home 2.0** program. Members are encouraged to browse the Helpful Village on-line calendar for monthly wellness/educational events focused on aging-in-place and join one of our support groups.

For further information on these programs and the work of the Care Services staff, contact **Lizzy Kosin** at lkosin@capitolhillvillage.org or 202-543-1778x106. We will make sure to contact you when we have officially scheduled these programs in 2026. Or, find some like-minded friends and start your own group with some help from CHV.

and was accompanied by a step-by-step handbook to pull everything together. Why twelve weeks and not just six? Well, because these are really hard and challenging topics, and we all needed time to pause, reflect, mull things over, imagine, and even create the conditions that lead to successful aging—however we define that for ourselves.

Now that the Aging Solo program is over, I've tasked myself with completing the questionnaires in the handbook—from updating my health care and financial powers of attorney, to thinking more about who my advocates are in my life's journey, to strengthening my relationships going forward, to critical

conversations and really thinking through my end-of-life vision, to making choices about where I want to live (for me, that will mean a Continuing Care Retirement Community or CCRC), and to even drafting my own obituary and planning my own funeral. It's all part of life!

Perhaps the best way to summarize the value of the Aging Solo program is to repeat the program's mantras:

- It's never too early; it's not too late.
- You are not alone.
- Take charge of your aging or it will take charge of you.

GYPIO

by Sheridan Harvey

Aging Solo and Ready or Not involve the tough questions you need to think about as you get older and focus on how you wish to spend the rest of your life. Getting Your Papers In Order (GYPIO) is the nitty gritty work of preparing for the end of life you hope to have.

Remember the couple who were killed instantly when a car jumped the curb and hit them? Did they have their papers in order?

Or consider the plight of a DC resident who collapsed and remained

unconscious for 6 weeks before dying, while his medical care directive lay on his desk—blank. Did he have the death he wanted?

GYPIO is something you do for your peace of mind and, even more, because you care about your partner, family, and friends—those who will have to tie up your affairs when you die.

Who knows where your will is? Who has copies of your medical directive? Who should get Aunt Mabel's diamond ring? Does anyone know how to get in touch with your old friends to let them know you have died? Gathering

answers to these and myriad other questions will make life much easier for your survivors.

CHV can facilitate setting up small groups of members to help with the process, a model that has worked well in the past. CHV also has a collection of suggested forms that can guide you. If you are a member with a Helpful Village login, click the link to download the forms.

<https://capitolhill.helpfulvillage.com/pages/10002-gyPIO-binder-documents-for-download>.

Ready or Not

by Ann Manheimer

When I moved into my house on Capitol Hill over 25 years ago, I believed I had moved into a “forever home” where I could “age in place.” Two 80-something female neighbors were my role models, each living on her own in a three-story rowhouse. Now, I am the elder on my block, and it is time to consider whether the choices those ladies made are also right for me. The Ready or Not curriculum starts with an exercise that transcends thinking about a house and asks us to consider what “home” means to us. It offers an opportunity to develop a vision for how to spend the next chapter of our lives by creating a future for where and how we would like to live.

In our younger days, it was perhaps important to have a home near our workplace or in a school system that would meet the needs of a growing family. Elderhood offers us a chance to reinvent our lifestyle, and Ready or Not offers us prompts to think about not only our needs, such as access to health care, but also our desires, such as proximity to cultural activities.

With a clear vision in place—that can be tweaked as our needs and desires change, and as we learn more about

ourselves and opportunities available to us—the program encourages us to take stock.

In other words, do we have what we need to bring our vision alive in three key areas

- Financial resources
- Social support, including friends, family and/or a church or community group
- Health: physical, mental, and spiritual.

Through introspection, discussions within our Ready or Not group or outside of the group with close friends or partners, members of our group weighed such dilemmas as staying on Capitol Hill to have access to transportation versus moving out of the city to be near family members to support each other.

We were guided to consider “what ifs.” In other words, if my vision includes staying in my three-story Capitol Hill home, I have to consider:

What happens if I am injured in a fall and cannot climb the stairs in my house?

After considering this, some planning can begin: Can a modification be made to my current home? Can/should I find

a stair-free, accessible option to move into in my beloved neighborhood?

Other “what ifs” are harder to plan for: “What if there is an economic decline or a natural disaster that creates a need to move out of my home?”

Some of us in the Ready or Not pilot program realized there is more work to do, such as visiting Continuing Care Retirement Communities (CCRCs)—perhaps with information or assistance from Capitol Hill Village staff. Others made plans to talk with extended family members for crucial conversations about the pros and cons of living closer together. A couple of us realized, “I am right where I want and need to be.”

The Ready or Not program complements and reinforces the work of the Getting Your Papers in Order and Aging Solo programs, giving us time and a community in which to develop, articulate and hopefully, live a life we’ve imagined for ourselves. All three programs support Goal One of the CHV Strategic Plan, which is to help older adults successfully manage the aging process and to achieve their goals for elderhood.

See the box on page 8 for information on what's ahead for these programs

Vira Sisolak: Leading Efforts to Improve Lives

By Jane Lang



It is often said that if you want to get something done, ask a busy person to do it. Vira Sisolak validates the truth of that adage.

One of the founding members of Capitol Hill Village, Vira has lived on Capitol Hill since 1975 and her home, like her projects, has grown around her. After raising two sons with her husband, Bill, Vira turned her attention to their townhouse and superintended a stunning, light-filled addition that opens on to her carefully curated garden. Her home has been on the annual Capitol Hill Restoration Society House and Garden Tour three times.

The choice to build reflects Vira's commitment to her Capitol Hill neighborhood, her appreciation of elegant but understated design, and her love of gardens. She is generous with her talents as a Master Gardener, tending the public garden at 120 Seventh St. NE and volunteering with the Capitol Hill Garden Club. An active participant in several CHV affinity groups over the years, Vira places a high value on the sense of community engendered among Capitol Hill neighbors.

"We were the kids on the block when we moved in," Vira recalls. "Since then, there has been turnover as neighbors aged and a new generation of residents has come along." In the face of this transition, she appreciates the connectivity that CHV provides.

Through affinity groups and the Advocacy Team, Vira has been an active proponent of more housing options for seniors on Capitol Hill, as

well as recreation spaces and parks.

"You can count on Vira to make sure CHV's interests are represented with DC and National Park Service planning for parks and recreation facilities," says Susan Sedgwick, one of CHV's long-time leading advocates.

Vira played a key role in advocating for an adult day facility on the Hill and, as a result, a developer agreed to provide funds for an adult day center. With development stalled, this project has yet to move forward.

Vira is more sanguine about reconstruction of the Rumsey Aquatic Center which, thanks to her efforts as Chair of CHV's Recreation Advocacy Committee and vital support from Council Member Charles Allen, will include a second floor, enabling the Center to offer indoor space for programming for older adults. Think board games, tech instruction and memoir writing—and drop-in events for socializing. These are among Vira's highest priorities, in addition to increased physical amenities in Capitol Hill parks.

While confident that the funds will be available for the Rumsey second floor, she worries about having enough funding for work needed at Garfield Park, which is the largest DC-owned park in the city. And she points to the need for more staff at DC's

Department of Parks and Recreation and Department of General Services.

"They have lost several personnel in the past year or so and will need to replace them with competent, experienced staff who can get the work done," Vira opines.

Like many Capitol Hill residents, Vira's professional work life was in the federal government, most notably with the EEOC. Having earned undergraduate and Master's degrees in economics, she was hired in 1974 to provide contextual research for the Commission's work combatting employment discrimination. That role soon morphed into active support of litigation; her statistical analyses provided the evidentiary underpinnings for many of the Commission's class action cases.

Since her retirement in 2018, Vira has found a new niche in advocacy for the interests of deaf and hard of hearing Washingtonians. The depth of her knowledge and expertise in this field flows from personal experience: in the face of profound hearing loss, Vira has had two cochlear implants in the past five years.

In addition, she has become an accomplished speech reader. "I'm really good at sentences," she says as she describes how she deciphers

► continued on page 11



Bill and Vira scuba diving in Utila, on the Mesoamerican Reef.

Keeping Ahead of the Scammers...

Advice from the Federal Trade Commission

Take Care with Health Care

If you're looking to get insurance from the government's Health Insurance Marketplace, you have until January 15 to sign up for coverage starting February 1. But dishonest companies sometimes advertise comprehensive health insurance when it's really a medical discount plan or a health plan with limited insurance benefits. And sometimes, an insurance "offer" is just a scam. As you compare your options, here are some things to consider.

Know some warning signs. If ads for the so-called insurance focus on free stuff you'd get if you sign up—like money for groceries—and downplay the coverage, take a much closer look to really understand what you'd be getting.

Don't pay for help enrolling. *It's free to sign up through the Health Insurance Marketplace.* And don't pay anyone who says you have to give them cash, cryptocurrency, or your credit or debit card numbers to get or keep your health coverage. No matter who they say they are.

Compare and sign up at the source. Go to HealthCare.gov or call the Marketplace Call Center (1-800-318-2596) to get help or sign up.

Spot a scammy healthcare ad? Tell the FTC at ReportFraud.ftc.gov.

Lights, Camera Action!

You never know where your big Hollywood break will come from. But it probably won't start with an unexpected text message about a virtual casting call. That's likely a scam. Learn the cues to avoid this type of phishing scam. The unexpected text message might ask if you're still available tomorrow for a virtual open call (you never were). If you respond, you might end up in a virtual "audition" that's actually a high-pressure sales pitch to sign up for bogus photo shoots or fake acting classes. But first, the plot twist: There's always a reason you have to pay or hand over bank information before you participate in the casting. Paying to get a job is always a sign of a scam. Real companies won't ask you to pay anything upfront.

Work at Home?

A work-from-home job promising easy money and a fancy title like "delivery

operations specialist" or "quality control manager" might sound great. But if the offer says all you need to do is receive shipments, repack them, and send them on to a new address, it's a reshipping scam. When scammers send fake job offers, they sometimes lie about being affiliated with familiar companies like Amazon or FedEx. And they use stolen credit card or bank information to send you high-dollar items (like brand new electronics). Your "job" is to throw out the original box and receipt and send those stolen goods on to another address, often an international one, where it can't be tracked.

You may not even know it was a scam until payday comes and goes without a word (or a dollar) — and your "employer" has ghosted you. And if you shared personal information like a bank account or Social Security number or a photocopy of your ID, you might have an identify theft problem.

Reshipping goods is never a real job. Report these scams to the FTC at ReportFraud.ftc.gov and the U.S. Postal Inspection Service at uspis.gov/report.

Vira Sisolak: Leading Efforts to Improve Lives *continued from page 10*

consonants. (One can't speech read vowels, she explains, and "th" and "ch" are difficult.) While acknowledging the challenges of speech reading, Vira encourages people to learn the skill. It is one of the techniques she showcases during "What We're Hearing," the CHV affinity group that she founded.

Vira credits Alex Smith from CHV's Care Services team as the "mastermind" of the agenda for What We're Hearing meetings, but she is the leading CHV advocate for the affinity group and other Washingtonians with hearing loss. Her role began in 2024 when she applied to be on the DC Advisory Group on Deaf and Hard of Hearing. Since then, she honed her knowledge of surgical

Vira's advocacy of the interests of the deaf and hard of hearing led to her recent recognition with the **Hamilton Relay Community Leader Award** for the District of Columbia, citing her for "strong leadership and volunteerism in the community." Hamilton Relay developed the technology for captioned telephone conversations, a technology of great assistance to those with hearing loss. Vira applauds this innovation, though she recognizes that everyone must own their approach to hearing loss: starting with a hearing test, each person "must make serious decisions about what they want to do, how much effort they want to invest." But, she cautions, "Don't wait too long!"

resources, insurance coverage, web sites, oral rehabilitation, hearing aids, testing, smart phones, microphones and "loops." She champions Auracast, a new Bluetooth technology that will transform the hearing environment of public spaces like churches and theaters.

"A lot is coming," she predicts, and she intends to keep CHV members informed. Hearing loss takes a toll on a person, and "social isolation is the worst. You lose a lot," Vira observes.

Upcoming Speakers

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

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



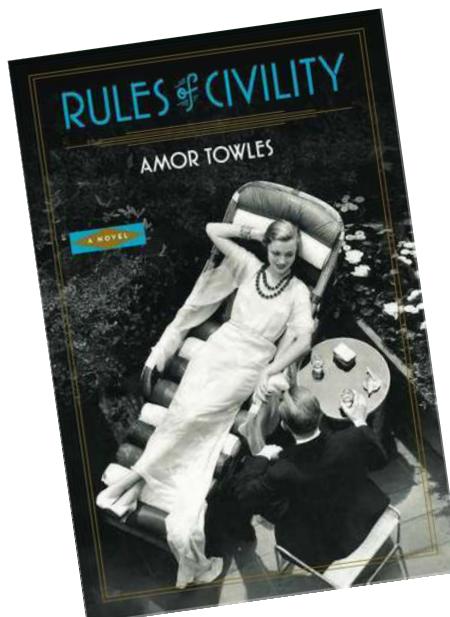
When the Affordable Care Act was signed into law by President Barack Obama on March 23, 2010 it was called

“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 regulation. She shares

About Village Voices

In 2015, **Trudy Peterson** created the Capitol Hill Village Voices program, and with these four upcoming programs, she and her colleagues will have organized 90 events, which give members and friends the opportunity to meet and learn from illustrious Capitol Hill neighbors in informal, free, public discussions about social, economic, and political topics. You can view past programs at this link: [CHV YouTube channel](#)

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 Holiday Party

Village members and volunteers celebrated the holiday season with good food and drink (thank you to the cooks and contributors) and a round of music led by the Second Wind Chorus.



The CHV Gala Box Office is Open!



Get Your Kicks on Route 66 and, at the same time, support Capitol Hill Village—the annual CHV Gala celebrates the 100th Anniversary of the iconic road that was remembered in song and on the screen.

Take the road to St. Mark's Church on March 21, for a night of fun and fellowship:

- Dance to tunes spun by our DJ
- Get in a line dance—partners not required
- Enjoy good food and conversation
- Sign up for a Salon Event
- Salute members, volunteers, the community, and **YOURSELF** who help older adults thrive in a vibrant, inclusive, and age-friendly community.

Begin your road trip by getting tickets and considering a sponsorship at:
<https://one.bidpal.net/chvgala>

And there's more...

In February, the silent auction site opens for previews; get an early peek at offerings including gift certificates for businesses, restaurants, services, and more; and an array of vacation homes at the sea, in the mountains, and places in-between.

On March 1, the auction goes live—make your bids early and often.

The Gala is the first opportunity to purchase seats at the always popular Salons, intimate events in members' homes featuring discussions with prominent and interesting people.



Tom Sherwood and Kojo Nnamdi



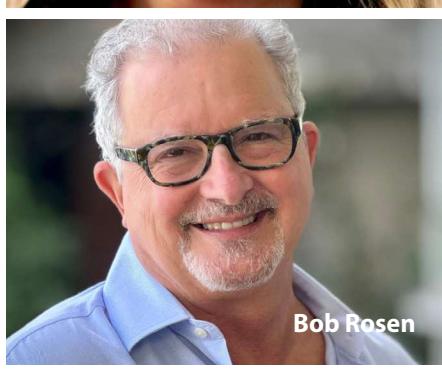
Marcus Brauchli



Petula Dvorak



Bill Keene



Bob Rosen



Carl Hulse

Here's a sneak peak of speakers already signed up:

- **NPR's Tom Sherwood and Kojo Nnamdi**
- **Marcus Brauchli**, former Wall Street Journal and Washington Post managing editor
- **Petula Dvorak**, former Washington Post columnist
- **Bill Keene**, Smithsonian's expert on Frank Lloyd Wright
- **Bob Rosen**, author of *Detach—ditching your baggage to live a more fulfilling life*
- **Carl Hulse**, New York Times
- **Trish Thompson**, policy and war in South Sudan

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.
- If you or someone you know has a vacation home, consider putting it into the auction.
- And, we will need people to help with the event itself.

To volunteer, contact the CHV Office at 202-543-1778 or info@capitolhillvillage.org.

Yes, this is a fundraiser. For over 18 years, CHV has been a critical lifeline for older adults in our community,

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The CHV Gala Box Office is Open! *continued from page 14*



helping us stay healthy, engaged, and independent.

Your ticket and auction purchases supplement dues, grants, and other contributions that help enable all of us to remain active, purposeful, and connected residents of our neighborhood.

CHV cultivates affinity and opportunity, promotes activity and safety. Its advocacy ensures that issues important to older adults are heard where and when it counts. People of all ages benefit when they live in places that are designed to encourage health, well-being, engagement, and connection.



Surprising Facts About the Gala

The name “Gala” might give the impression that this is a formal event.

Well, surprise; it’s not! The variety of activities and the spacious setting at St. Mark’s assure there is something for everyone—music, dancing, food, quiet conversation, photo booth.



A few people will show up in tuxes, but everyone’s welcome in what they consider “their finest.” Many people will arrive solo. The DJ will lead line dancing, filling the floor with people exhibiting their best moves—no need for a partner to crimp your style.

Throughout the venue, some people will be dancing, others will be listening to the music and eating good food, others will find a quiet area to chat, some will be discussing and bidding on Salon Events. You’re pretty much guaranteed to have someone to talk to, and you might make some new friends!

Another suggestion—check in with friends and neighbors and organize a group—could be as small as two—to attend the Gala together. Or contact the CHV Office for help locating others to attend with. The more, the merrier.

January Events

Wednesday, Jan. 7, 3:30–4:30 p.m.

Virtual Event: What We're Hearing

Do you experience hearing loss? Please join us at What We're Hearing, CHV's affinity group focused on hearing impairment, hearing loss, and deafness. We discuss our experiences with hearing loss, share helpful resources and tips, and create an environment of peer support. This group is co-facilitated by Vira Sisolak (member) and Alex Smith (staff). Please contact Alex Smith with any questions or concerns: asmith@capitolhillvillage.org or (202) 543-1778.



Open to all.

Thursday, January 8, 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, January 8, 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, January 8, 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

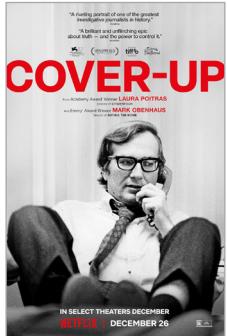
played; we are there to have fun; no reservations required, just come.

Open to all.

Thursday, January 8, 4:30–6:00 p.m.

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

Cinephiles



Participants should view as many of the following films as possible, although the list is subject to revision based on film availability: Sentimental Value, Marty Supreme, Cover-Up, Rental Family, It Was Just an Accident, The Secret Agent, Song Sung Blue.

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

Members only.

Friday, January 9, 9:00–11:00 a.m.

Your Home

Goodwill Pick-up

NOTE: Signup deadline is 12:00 Noon, Wednesday, Jan. 7

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

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

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

Members only.

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January Events *continued from page 16*

Sunday, January 11, 2:00–3:00 p.m.

Virtual Event: LGBT Intergenerational Lunch Group

Capitol Hill Village is excited to announce our new LGBT Intergenerational Lunch Group.

Join us for a discussion about: When/where/how long the Lunch Group will meet; locations for the meetings; Lunch Group activities; and opportunities for folks to lead/be involved with Lunch Group activities. See story on page 7.

To get more information contact Sophia at sross@capitolhillvillage.org or call 202-543-1778 x204.

Open to all.



Sunday, January 11, 4:00–5:00 p.m.

Virtual Event: LGBT Intergenerational Book Club

Capitol Hill Village is excited to announce our new LGBT Intergenerational Book Club. Join us for discussion of: peer leaders for each meeting; How often the club will meet; when and for how long the club will meet; and what books folks want to read. See story on page 7.

To get more information contact Sophia at sross@capitolhillvillage.org or call 202-543-1778 x204.

Open to all.



Monday, January 12, 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, Jan. 13, 3:00–4:00 p.m.

Virtual Event: Parkinson's Support Group

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

Open to all.

Tuesday, Jan. 13, 7:00–8:00 p.m.

Virtual Event: Village Voices—New Threats to the Affordable Care Act

Michael 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. See story on page 12.



Wednesday, Jan. 14, 2:30–4:30 p.m.
Private Home

Poetry Readers

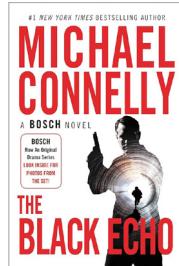
Each attendee may (but is not required to) bring a poem to read and share with the group. Join us for a lively conversation about what we think the poem means and more exploration of the topics the poems touch on.

Members and volunteers.

Wednesday, January 14, 4:00 p.m.
Private Home

Wyze Guyz Reads

This month will feature Michael Connelly, author of the Harry Bosch series of police procedurals (made into a series on Amazon Prime), the Lincoln Lawyer series (made into a series on Netflix), plus a host of other books and TV series. We're going to start with his first book, *Black Echo*, although feel free to jump in with other Connelly books as well. His newest is a Lincoln Lawyer book: *The Proving Ground* in which the protagonist is a lawyer filing a lawsuit against a big tech firm over the killing of a teenage girl by a boy under the influence of an AI Chat Bot.



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January Events *continued from page 17*

Wednesday, Jan. 14, 5:00–6:30 p.m.

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

Defending Democracy Group

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

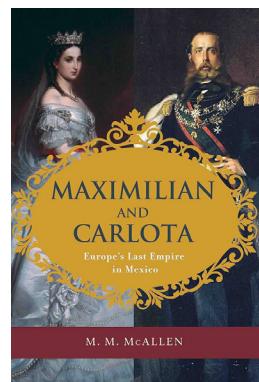
Members and volunteers.

Thursday, Jan. 15, 1:30–3:00 p.m.

Virtual Event: Social Justice Reading Group

For our January meeting we decided to discuss *The Sweetness of Water* by Nathan Harris.

From Amazon: "In the spirit of *The Known World* and *The Underground Railroad*, an award-winning "miraculous debut" (Washington Post) about the unlikely bond between two freedmen who are brothers and the Georgia farmer whose alliance will alter their lives, and his, forever."



Open to all.

Thursday, Jan. 15, 3:00–4:00 p.m.
Private Home

History and Biography Book Group

Our next book is *Maximillian and Carlota: Europe's Last Empire in Mexico* (2015, pp 552).

Maximilian and Carlota offers a vivid portrait of the unusual marriage of Maximilian and Carlota and of international high society and politics at this critical nineteenth century juncture. This largely unknown era in the history of the Americas comes to life through this colorful telling of the couple's tragic reign.

Bring a beverage if you like.

Members.

Monday, Jan. 19, 2026

Office Closed for Martin Luther King Jr. Holiday



Monday, Jan. 19, 1:00 p.m.

Tunnicliff's, 222 Seventh St. SE

Wyze Guyz

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

Members and volunteers.

Tuesday, Jan. 20, 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!–!

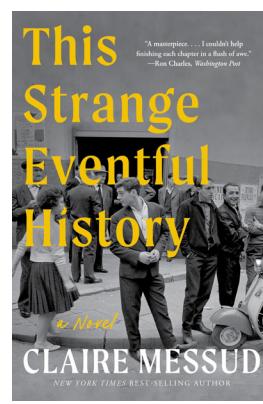


Open to all. RSVP required.

Tuesday, Jan. 20, 4:30–6:00 p.m.

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

Village Literary Club



This month's book is *This Strange Eventful History* by Claire Messud (2024, 448pp). The book is a multi-generational family saga following the French Algerian Cassar family from 1940s Algeria through WWII, independence, and diaspora, exploring themes of displacement, identity, colonialism's legacy, and the search for belonging as they move across the globe.

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January & February Events

Tuesday, Jan. 20, 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.



Wednesday, January 21, 4:00–6:00 p.m.

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

CHV Happy Hour

The CHV BYOB Happy Hour is open to members and their friends or invitees. The focus will be on having great conversations and making new connections. Feel free to bring a nibble to share; cups and napkins will be provided.

Members and volunteers.

Thursday, January 22, 2:00–4:00 p.m.

Labyrinth, 645 Pennsylvania Ave. SE

Games and Puzzles

See the January 8 listing.

Open to all.

Tuesday, Jan. 22, 3:00–4:00 p.m.

Virtual Event: Parkinson's Support Group

See the January 13 listing.

Open to all.

Sunday, January 25, 2:00 p.m.

Studio Theater, 1501 14th Street NW

CHV Theater Group

The January theater outing is *Octet* at Studio Theater.



Register with Helpful Village, buy tickets on your own, and join us for the play and supper afterwards at a

continued from page 18

nearby restaurant. (Note that tickets are available through [Todaytix](#) at a reduced rate.)

Octet, an a cappella chamber musical from Dave Malloy, follows an octet of people struggling with digital dependency. Witty, dissonant, and lush by turns, Octet plumbs the darkest corners of the internet alongside these characters' yearnings for connection. Staged in the round.

Monday, Jan. 26, 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 January 14 listing.

Open to all.

Wednesday, Jan. 28, 5:00–6:30 p.m.

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

Defending Democracy Group

Vanessa Batters-Thompson, the Executive Director of the DC Appleseed Center for Law and Justice, will be joining us for a discussion of the state of Democracy in DC.

Members and volunteers.

Wednesday, Feb. 4, 3:30–4:30 p.m.

Virtual Event: What We're Hearing

Please join us at What We're Hearing, CHV's affinity group focused on hearing impairment, hearing loss, and deafness. See the January 7 listing.

Open to all.

Thursday, Feb. 5, 9:00 a.m.–12:00 p.m.

Your Home or CHV Office

Hazardous & Personal Shredding Waste Pick-up



Note: Registration closes Tuesday, Feb. 3

Hazardous materials and personal papers will be picked up from CHV members' homes for delivery to DC's safe disposal site. Here's what you need to do:

- Personal papers (medical, financial, utility bill stubs, old check stubs, etc.). Put in paper

► *continued on page 20*

February and Ongoing Events *continued from page 19*

Hazardous Waste & Shredding Pick-up *continued*

- sacks or cardboard boxes. These will be shredded at the drop-off site.
- Chemicals and batteries (household cleaners, garden chemicals, alkaline batteries). Put these in a sturdy plastic bag or a cardboard box, and make sure the containers are sealed and not leaking.
 - E-waste (televisions, TV remotes, computers, monitors, modems, DVD players, cellphones, NiCad batteries, etc.) and other items not accepted in weekly home trash pickup. Remove your hard drive from computers you are disposing. Wipe your address book and personal information from cellphones.
 - NO SMALL APPLIANCES. Hand mixers, blenders, etc. can go in the regular trash.
 - NO LARGE APPLIANCES (washers, dryers, refrigerator, etc.) Call DC 311 for bulk trash pick-up.
 - NO DRUGS Over-the-counter medicines = regular trash. Prescription drugs = call or drop off at the Village for proper disposal.

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 or whether you will bring the items to the office.

Members only.

Monday, Feb. 9, 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 January 14 listing.

Open to all.

Monday, Feb. 9, 7:00–8:00 p.m.

Virtual Event: Village Voices—Art in Fiction



Art historian **Heidi Applegate** will analyze the art and architecture in the Amor Towles novel, *Rules of Civility*. See story on page 12.

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. 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.

► *continued on page 21*

Ongoing Events *continued from page 20*

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,

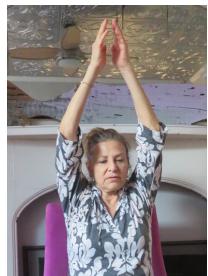


which is the French game of boules and similar to the Italian game of bocce. Paul Cromwell provides instruction for beginners. For more information, contact Paul at: pcromwell23@gmail.com.

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 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.*

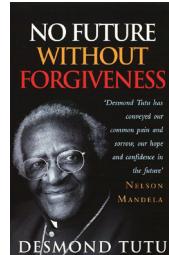


Alex Smith

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.

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. ***On Winter Break**

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 22

Ongoing Events *continued from page 21*

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

See Various Locations below

Mahjong

Mahjong is a game that originated in China. Similar to the Western card game Rummy, Mahjong is a game of skill, strategy and calculation and involves a certain degree of chance. Join a group of members and volunteers who meet to play together.



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

Fridays, 11:30 a.m.–1:00 p.m. *No Meeting on Jan. 2
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.

Fridays, 1:30–3:00 p.m. ***No Session on Jan. 2**

821 Independence Ave. SE

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.

Registering for CHV Events

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

res·o·lu·tion

1. a firm decision to do something

Make becoming a bigger part of Capitol Hill Village one of your **resolutions for 2026!**

Whether you **participate, donate, volunteer or join**, your actions make a real difference for yourself and older people here on Capitol Hill.

Happy New Year!

Donate



Volunteer



Join



www.capitolhillvillage.org | info@capitolhillvillage.org

Join us at the
Capitol Hill Village Gala
Saturday, March 21, 2026
7:00-10:00 p.m.

St. Mark's Church, 301 A Street SE



Photo: Jim Nix



Capitol Hill Village
1355 E Street SE
Washington, DC 20003