



VILLAGE NEWS



Village members came together in the Valentine month of February open their hearts to Capitol Hill Village volunteers, who step up to help out members perform household tasks, stay in touch with friendly calls, and even shovel snow! Executive Director Judy Berman, left, and Kirsten Oldenburg “volunteered” to serve the cake.

All Roads Lead to the CHV Gala

For nearly 20 years, Capitol Hill Village has been a critical lifeline for older adults in our community, helping us stay healthy, engaged, and independent. Together, we can ensure this vital work continues by supporting the annual Gala and silent auction.



The purpose is serious, but the road to get there is paved with fun and enriching activities.

The highlight is the Gala itself—March 21, 7:00–10:00 p.m., at St. Mark’s Church, 301 A St. SE. It will be an evening of music, good food and drink, and opportunity to engage with and meet friends and neighbors.

On March 3, bidding opens in the on-line silent auction featuring vacation homes at the sea and in the mountains; coupons for restaurants and businesses; theater and baseball tickets; and more.

A Gala highlight—its the first opportunity to purchase seats for Salon Events, intimate dinners and cocktail parties with interesting and prominent guests.

Get your ticket and bid on auction items at <https://bidpal.net/chvgala>.

Don’t miss out on the opportunity to gather a group and get a ticket discount—save \$20 per ticket when you buy a package 4 tickets. This offer will expire, so don’t wait.

See page 6 for all the details—what to expect at the Gala, Salon Events, and some suggestions on what to wear!

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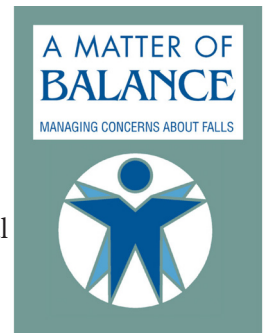
We Want to Keep You on Your Feet!

In March, Capitol Hill Village will offer a fall prevention course called Matter of Balance. There will be nine virtual sessions, weekly on Tuesdays starting March

10. The first session will be a 30-45 minute check-in and tech check. The remaining eight sessions will run from 2:30 p.m. to 4:30 p.m. through May 5.

Matter of Balance is an evidence-based curriculum designed to reduce fear of falling and improve activity levels for older adults who are aging in place. In the course, we will break down our beliefs and fears about falls and share strategies to reduce our risk of falling. We will practice skills

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We Want to Keep You on Your Feet continued from page 1

and techniques that reduce fear of falling, build confidence and assertive communication skills, and allow us to live a more active life.

Matter of Balance is designed for any older adult who is concerned about or afraid of falling, has fallen in the past, or is interested in improving their flexibility, balance, and strength.

CHV has offered this course in the past, and 100 percent of participants reported increased confidence in engaging in enjoyable activities, evaluating unhelpful thoughts and fears about falling, incorporating



more exercise into their routine, using assertive communication to advocate for their needs, and identifying changes to behaviors or to the home environment to reduce risk. If you are

looking to improve your confidence in these areas as well, then this is the course for you!

There will be a fee of approximately \$30 to participate, which will cover the cost of learning materials (exact amount to be determined). We will not turn any CHV member away for lack of funds, so please contact us regardless of ability to pay. Email us at info@capitolhillvillage.org or call us at (202) 543-1778 if you are interested in participating. We look forward to hearing from you!

Village Voices

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

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 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.

Monday, April 13. Charles King. The Messiah in Context.

NOTE: This program begins at 7:30 p.m.



George Frederic Handel’s *Messiah* is arguably the greatest piece of participatory art ever created.

Adored by millions, it is performed each year by renowned choirs and orchestras as well as by audiences singing along from their seats. But a

work of triumphant joy was born in an age of anxiety: Britain in the early Eighteenth Century, a time of war, enslavement, political conspiracy, social polarization, and conflicts over everything from the legitimacy of government to the meaning of truth.

In *Every Valley*, award-winning historian Charles King unearths the astonishing backstory to a beloved classic and its place as one of the Enlightenment’s hidden guides to thinking our way toward hope.

Charles King is a professor of international affairs and government at Georgetown University. He lectures widely on international affairs and has worked with major broadcast media. His other books include *Gods of the Upper Air*, *Odessa*, and *Midnight at the Pera Palace*.

Village Voices programs are conducted on Zoom from 7:00–8:00 p.m. [April 13 program at 7:30 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.

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



CHV #55474

Capitol Hill Village Leaders

Judy Berman, *Executive Director*

Maury Stern, *President of the Board*

Mary Bloodworth, *Director of Operations*

Pamela Johnson, *Peer Health Outreach Specialist*

Lizzy Kosin, *Director of Care Services*

Sophia Ross, *Digital Media and Grant Program Strategist*

Alex Smith, *Care Services Specialist*

Ashvita Vasireddy, *Community Mobility and Wellness Programs Manager*

Capitol Hill Village News Team

Editor: Karen Stuck

Layout: Roxanne Walker

Celebration of the 100th Anniversary of Route 66 at the CHV Gala

means recalling memories from the era. For Executive Director Judy Berman, it conjures convertibles, the Grapes of Wrath, diner-style breakfasts, red dirt, and jackknifed tractor trailers backing up traffic as the snow collects on the highway. It also conjures a sense of adventure, kerchiefs, tailpipes, going as far as you can possibly go, changing direction, and going some more. *If you come to the Gala, you can recall your own memories and share stories with others.*

FROM THE EXECUTIVE DIRECTOR

Traveling Route 66



Judy Berman

My life has intersected with the famous Route 66 primarily in three places—Amarillo, Santa Fe, and Flagstaff. A cross-country trip from DC to Los Angeles found me on I-40/Route 66 outside of Amarillo in a terrible snowstorm. After two tractor-trailers jackknifed causing traffic to back up for miles, we were forced to stop for the night in a seedy, dirty truck-stop motel. Unfortunately, my companion and I were discovering that we were not especially compatible, and the next morning, after driving a long way without speaking, we decided it might be best if we parted ways. So, when we arrived in Santa Fe, I got out and he kept going (it was his car, after all).

About 15 years later, Route 66 became part of my journey to the altar, so to speak—Flagstaff is where I got engaged, in the mountains under shimmering aspen leaves, and Santa Fe is where I found the jeweler who made our beautiful mosaic wedding rings. Sweet memories!

Depending on where you start and stop this story of my connection to Route 66, it could be a happy or sad tale—a tale of abandonment or a tale of adventure; a tale of disconnection or a tale of forever love. Same facts, different starting and ending points. **It's fascinating to me how we give shape to our life stories, the**

narrative of our lives, by choosing where to position the on-ramps and the off-ramps. I've learned that we all tend to choose redemptive stories or so-called "contamination narratives" where something starts out well, but ends having been "contaminated" by negative experiences or events. We all seem to love a happy ending, but we don't always give ourselves the benefit of that uplifting choice. As a result, we might be short-changing ourselves of a more positive and beneficial outlook.

Route 66 has helped provide narrative shape to our culture. From Chicago to the Pacific Coast, Route 66 created a landscape of economic change and growth. Roadside motels—like the one outside Amarillo—were a product of Route 66 and the new road trip culture, along with drive-ins, drive-throughs, roadside attractions.

It almost seems as if Route 66 was responsible for kitsch, quick highly visible consumables that went from trash to treasure somewhere in the middle of the 20th century. Everything meant to draw you in for a quick visit while passing through. Cadillac Ranch



anyone? Cities are moving away from car culture, and flying has far outstripped driving as a long-distance

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CHV's Volunteerism Model Sets the Standard



Christine Healey

Capitol Hill Village is a vibrant organization! Not only do we have close to 500 members, but as of the end of 2025, we had 322 volunteers on our rolls.

If you read the CHV newsletter regularly, you have seen examples of CHV volunteers on almost every page: baking holiday cookies and distributing them; organizing Affinity Groups and sustaining them; and checking in with CHV members who need extra support, under the guidance of Care Services, in what were approximately 5,000 friendly contacts and visits last year.

The list goes on: volunteers who throw a great gala annually and raise significant, much needed funds to help pay the salaries of our hardworking staff; volunteers who put together the fascinating Village Voices programs over Zoom; volunteers who give office support; and volunteers who serve on the CHV Board of Directors. In fact, this newsletter itself is the work of dedicated volunteers who edit and produce it monthly.

The CHV website notes we have volunteers of all ages: older adults giving back or paying it forward, neighbors with spare time and talents, students in community service, teams from workplaces, and families spending time together.

I cannot resist saying: It takes a village to be a Village!

In fact, CHV from its beginning set out to support older adults through neighbors helping neighbors. Its model of volunteerism has become the predominant model for villages across the country, in contrast to villages more narrowly focused as a source of referrals for older adults.

CHV counts its volunteers in two categories: those who are providing direct services to members and those who are providing services to the Village itself. Many Village members are volunteers, but not all volunteers are Village members. Some volunteers are very active and others are on call periodically. In all cases, anyone willing to volunteer fills out an application and passes a background check.

Members made 659 requests for assistance in fiscal year 2025.

By far the most requested service from October through March 2025 was for a ride to a medical appointment. When a volunteer is not available to drive (and there were only 21 drivers then available), CHV arranges for an Uber ride. Members should know that driving to and from a medical appointment is a different service than providing medical accompaniment. If you do not drive but are nevertheless willing and able to assist a fellow CHV member at a doctor's appointment, even just traveling with them in the Uber, there is a volunteer role for you!

Did the January 25 "snowcrete" storm tax the resources of the CHV volunteer program? It did indeed. As we all endured the extraordinary icy snow, and bitterly cold temperatures, CHV staff had to triage the requests it received for volunteer assistance. Sometimes freeing a member's car from the ice was impossible, but instead a volunteer was able to pick up needed groceries or medicine. All in all, however, CHV volunteers really stepped up and did great work shoveling the icy mix off sidewalks and steps, sometimes with their teenage children lending a hand.

Why might someone enjoy volunteering with CHV?

There are hundreds of reasons, but volunteers will tell you that finding

purpose in serving others improves your own health and well-being. As Dana Milbank recently pointed out in a Washington Post article, researchers have also found that volunteering appears to slow the aging process.

The CHV website says it well: volunteerism is the secret ingredient to an engaged community. We all need help sometimes with life's challenges, and there are many in a position to provide that help. If we reach out, we build bonds and make our neighborhood stronger for people of all ages.

Are you ready to become a CHV volunteer?

Check the CHV website for more information and for application forms. You can be assured that every effort will be made to match your skills and interests with the many opportunities for CHV volunteer work. It is part of the CHV ethos and strategic plan to ensure volunteers are matched with meaningful opportunities for service and are shown appreciation for their efforts.

Finally, it is a sad coincidence that this Letter from the Board on volunteering, planned months ago, is being written while we are grieving the death of beloved staff member **Jenna Jones**. She ran the CHV volunteer program with dedication and enthusiasm. She loved the CHV volunteers and appreciated what they did to make CHV strong and vibrant. As a member of the Board, I am deeply grateful for all she gave to Capitol Hill Village.



Remember: if you or someone you know is feeling despair or having thoughts of suicide, please call or text the National Suicide Hotline at 988.

LGBT CORNER

Catching Up With CHV's LGBT Member Meetup Group

By Sophia Ross



Sophia Ross

For over a year, Capitol Hill Village's LGBT Member Affinity Group has been meeting monthly at As You Are, an LGBT bar, cafe, and community space on Eighth St.

SE. The group is open to CHV members and their friends.

What started as an idea from a CHV member has grown into a fully functioning Affinity Group! Did you know we are one of seven Villages nationwide with an LGBT member group?

How are things going with the LGBT Member Meetup Group?

We caught up with a few group members and leader Dick Hoagland to get the scoop:

"The LGBT Member Meetup group gives me a sense of community, belonging, that I don't have to wonder whether or not to come out to new people. Being part of the LGBT Member Meetup group has had a positive impact... mainly by broadening my social circles. It makes me feel more positive about the Village in general... that they are open minded and inclusive." —Nan Raphael

"I've been pleased to participate in Capitol Hill Village's monthly LGBT Meetup for the past year; it's a way to meet interesting people that I likely wouldn't have crossed paths with otherwise.

If you're reading this and have not yet come to one of the Meetups, I hope that you will find time to do so. And



The next LGBT Member Meetup will be March 17 from 4:00–5:30 p.m. on the first floor of As You Are, 500 Eighth St. SE; date and time to be announced. As You Are is wheelchair accessible (1st floor specifically). Register in the CHV on-line calendar, or contact group leader Dick Hoagland at rehoagland@comcast.net. It's helpful to register so if anything changes you will get a notice.

if you are a regular attendee, please invite your friends who might not yet be aware of the monthly Meetups—we'd love to have new people attend!" —Dick Hoagland

"I am not a CHV member but a friend (who is a CHV member) told me about the group and invited me to attend. As a retired person living alone, it (the LGBT Member Meetup group) gives me a reason to get out of my house and interact with other LGBT individuals. I appreciate that it is an in-person group and enjoy meeting others that way. It's a low-key interaction with others in a comfortable setting." —Dan McGlynn

"I found out about this group through the CHV newsletter. It's one of the few places to meet with like people within the community. We live here or close by and share a lot related to the community itself that an outsider may not appreciate. The people are fun with a variety of backgrounds, and we always seem to have something interesting to chat about for the time we're together. I also like the fact that we're using a local LGBTQ+ owned establishment as our meeting place. We have a lot of laughs and at times talk about serious subjects, but I always leave with an appreciation of the diverse community we live in and a lighter heart." —CHV member

FROM THE EXECUTIVE DIRECTOR

Traveling Route 66 *continued from page 3*

transportation option. But a love for kitsch lives on.

In some ways, CHV is the opposite of Route 66. CHV is about putting down roots and investing in our community. It's about lasting friendships and treasured neighborhood institutions. Hardly the equivalent of drive-through burger joint or roadside gift shop.

But CHV is also about fun and finding new ways to connect in the place we call home. The truth is, even when we stand still, we're on a journey.

I hope the theme of the Gala inspires your sense of adventure, fond memories, and/or stories of being on the move. I hope you have a picture in your mind of the place along the

route where you stopped, or where you'd like to stop and who you might be when you're there.

I hope you'll come to the Gala and it becomes part of your narrative of joy and connection.

All Roads Lead to the CHV Gala continued from page 1

What to Expect

New to the Village or never been to the Gala? This is an annual event, providing a setting for people to have fun, chat with members and friends of CHV, and meet new folks. Expect to see a mix of CHV members, community leaders, and political figures, all coming together to support CHV's services and programs.

After you enter St. Mark's, pick up a program book, and continue inside where you will find food stations and bars, sign-up sheets for Salon Events, and tables and chairs where you can have a seat. During the evening, you have your choice of the nave where the music and dancing will occur and Baxter Hall (where you entered the church), which will be a quieter area.

What Should I Wear?

In keeping with the Route 66 theme, you might want to dig out retro clothing from the 50s and 60s or come as a motorcyclist or a diner waitress. Given the route through the western half of the country, make yourself comfortable with the cowboy look—jeans, gingham, cowboy hat and boots.

Traditional clothing is fine, of course, so come attired in whatever makes you comfortable.

That's Entertainment

There will be something for everyone at the Gala—whether you are a party animal or prefer peace and quiet.

- **Dance—or just listen**—to songs spun by DJ Jim.
- **Line dancing—partners not required**; DJ Jim will get you out on the dance floor with instruction and encouragement.
- **Visit the photo booth** and make a record of the evening.
- **Challenge yourself** and your friends at Route 66-based games

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

Celebrating 100 Years
of the Mother Road
ROUTE 66

Get your tickets and bid on
auction items at
<https://bidpal.net/chvgala>

Please thank and support
our generous sponsors
(see p. 21)

and challenges at activity tables (there will be prizes!)

- Or, when the spirit moves you, retreat to a quiet area for conversation.

Who Should I Come With?

How about coming to the Gala with your own group! Check in with friends and neighbors, explain how important Capitol Hill Village is to the community, and organize a group for a night of fun at the Gala—could be as small as two. Or contact the CHV Office for help locating others to attend with. The more, the merrier.

Right now, we're offering a ticket special—get a group of four persons

together and save \$20 per ticket when you buy a package of four tickets.

Wondering if you will have a good time if you come solo? Rest assured; this is not a couples-focused event. Many people arrive solo, and the variety of activities has something for everyone. Some people will be dancing, others will be listening to music and eating good food, others will find a quiet area to chat. Activity tables provide opportunity for interaction, and the Salon Events table will generate discussions about which to sign up for.

You're pretty much guaranteed to have someone to talk to, and you might make some new friends!

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All Roads Lead to the CHV Gala continued from page 6

Tell us About the Salons

What a variety of options! Journalists, authors, musicians, international and domestic affairs experts who offer insights on world and DC affairs and advice for living a better life. **Seats for Salon Events go on sale at the Gala, and it's not unusual for them to sell out that evening.** Here's the lineup; check the auction website for more details on the speakers.

- **Marcus Brauchli**, former Wall Street Journal and Washington Post managing editor, looks at the current state of journalism and potential innovation
- **Leah Daniels and Kathleen Donahue**, two Hill entrepreneurs share their experiences as they step away from their businesses
- **Petula Dvorak**, former Washington Post Metro columnist, is still watching the landscape for topics we should be concerned about
- **Shanara Gabrielle**, actress just named producing artistic director at Theater Alliance
- **Carl Hulse**, New York Times Chief Washington Correspondent, has had a busy year covering Congress and its dealings with the White House
- **Bill Keene**, Smithsonian's expert on Frank Lloyd Wright takes us on a virtual road trip exploring some of Wright's work and his life
- **Amber Kerr**, art conservator, sheds light on her work at the Smithsonian American Art Museum
- NPR's **Kojo Nnamdi and Tom Sherwood**, hosts of The Politics Hour, keep their eyes on elected officials in the DC metro area
- **Bob Rosen**, author of *Detach—Ditching Your Baggage to Live a More Fulfilling Life*, has advice

- on how to live our best lives (book is included)
- **Lewis Simons**, Pulitzer Prize winning foreign affairs journalist
- **Ambassador James Story**, America's most recent envoy to Venezuela dishes on where we are and where we might go in our Latin neighborhood
- **Patricia Powers Thomson**, international development veteran shares insight on the plight of South Sudan and the African region

- **Frederic Yonnet**, regarded as one of the most talented and innovative harmonica players on the international music scene today.

What's in the On-Line Auction?

Auction items, including vacation homes, will **open for bidding on March 3 on the auction website and close at 8:00 p.m. on March 22.**

This is the list at the time of printing, and more items will be added.

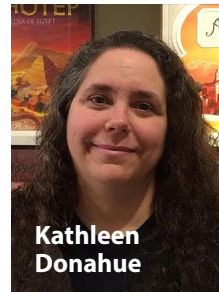
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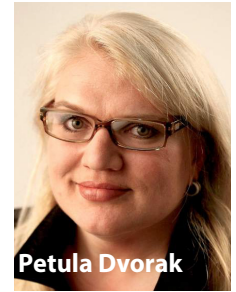
Marcus Brauchli



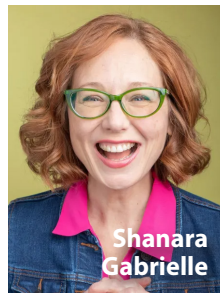
Leah Daniels



Kathleen Donahue



Petula Dvorak



Shanara Gabrielle



Carl Hulse



Amber Kerr



Tom Sherwood and Kojo Nnamdi



Bill Keene



Bob Rosen



Lewis Simons



James B. Story



Patricia Powers Thomson



Frédéric Yonnet

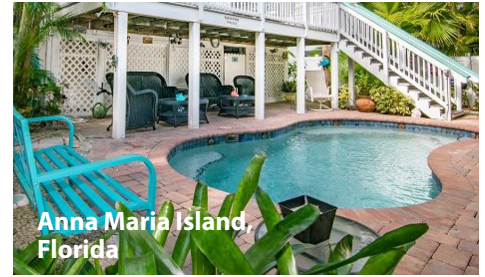
All Roads Lead to the CHV Gala continued from page 7

Vacation Homes

- St. Michaels boathouse
- Denver condo
- Dewey Beach house
- Vieques, Puerto Rico, home
- Rehoboth Beach condo
- Huntington Beach, California, condo (2 stays)
- Washington DC condo (2)
- Rappahannock County home
- Vermont home
- Anna Marie Island, Florida beachfront home
- Rustic cabin on a working cattle ranch in Colorado



Creekside Cabin, SW Colorado



Anna Maria Island, Florida



Huntington Beach, California, condo



Vieques, Puerto Rico, home

Gift Certificates

(More will be added; see the current list at <https://one.bidpal.net/chvgala/browse/all>)

Businesses

Craft Café, Woven History, Paris Bleu, Groovy DC, Solid State Books, East City Bookshop, W.S. Jenks, Framebridge

Entertainment

Board game party at Labyrinth; two tickets for Rush concert; Studio Theater; Staunton Music Festival

Food

Sonoma Wine Bar, Pupatella, Caruso's Grocery, Chiko, Jimmy T's, Paraiso Taqueria, Union Meat Company, Pacci's, Talay Thai, Sala Thai, Dubliner, Bread Paravion, La Collina, Ruta, Queen Vic, The Roost, Samphan, Bullfeathers, The Little Grand Pizza, Granville Moore's, The Second Address

Services

Fitness classes, Personal training sessions, Paint and interior design consultations, Library of Congress tour, help with hauling, Atlas Doghouse, Bare Hair, construction consultation, Randolph Cree Hair Salon.



St. Michaels boathouse



Dewey Beach house



Rush Concert

Gala: Saturday, March 21, 7:00–10:00 p.m., St. Mark's Church, 301 A St. SE.
Get your tickets and bid on auction items at <https://bidpal.net/chvgala>

Logos included: STAUNTON MUSIC FESTIVAL, STUDIO THEATRE, LABYRINTH games & puzzles, RUTA WASHINGTON|DC, LA COLLINA, Caruso's GROCERY, EAST CITY BOOK SHOP, Paris Bleu, THE LITTLE GRAND, PARAIISO, the Queen Vic, PUPATELLA NEAPOLITAN PIZZA, GROOVY Cards & Gifts dc CELEBRATING 20 YEARS, PACICI'S, SONOMA restaurant and wine bar, The ROOST, BREAD PARAVION, ATLAS DOGHOUSE, Randolph Cree hair salon, FRAMEBRIDGE UNION MEAT CO., the DUBLINER, and CHI KO CHINESE KOREAN.

Items still being added! See full list at <https://bidpal.net/chvgala>

Second Wind Season Opens March 11

Big changes are in store for Capitol Hill Village's Second Wind chorus this season.

In March, the ensemble will begin working with a new conductor, **Ben Hinkie**, a relatively recent transplant to the area from Texas. A baritone with degrees in vocal performance and choral conducting, Ben is currently associate conductor of the National Children's Chorus in Washington. He takes over conducting duties from Alix Evans, who led Second Wind for the last two and a half years.

At the same time, the chorus will be joined by **Ashlei Peoples**, who will assume the often-unsung, but crucial, role of accompanist. A pianist and arranger, Ashlei is an elementary music teacher in the D.C. Public Schools and an accompanist for a variety of musical groups in the Washington area.

Second Wind, a small chorus with a big heart and a big sound, has been making music on Capitol Hill for 15 years. The group is known for the wide variety of its musical programming. Last season, the choir



Outgoing director Alix Evans conducts Second Wind in concert at CHAW.



Ben Hinkie



Ashlei Peoples

highlighted American musical theater with numbers by Leonard Bernstein and Rogers and Hammerstein. This spring, the program will range from Renaissance polyphony to American folk music to boogie-woogie.

Second Wind always welcomes new members of all vocal ranges

and abilities. The group rehearses Wednesdays from 12:30 to 2:00 p.m. at Capitol Hill Arts Workshop, 545 Seventh St. SE, and performs there in concert in June and December. A fee of around \$200 is assessed each season, but financial assistance is available, and no one is turned away for inability to pay.

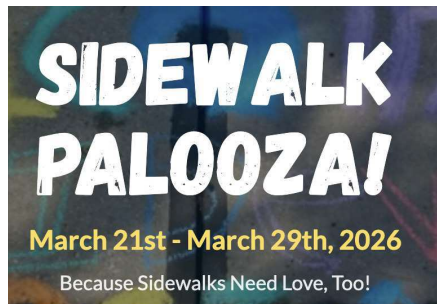
Rehearsals begin March 11, and the first one is free to anyone who wishes to give Second Wind a try. For more information, see www.secondwindchorusdc.com or call Shirley Rosenfeld at (202) 544-1646.

Come join in the singing!

Tired of hazardous sidewalks? Sponsor a Sidewalk Palooza!

Every year or so, a city-wide event called Sidewalk Palooza encourages people to report as many sidewalk tripping hazards as they can. This year's Palooza will occur March 21-29. The event sends a message to DC's Department of Transportation that their policies about sidewalk repair are not keeping our sidewalks safe.

If you and your neighbors are tired of looking down for tripping hazards and would rather look up at our wonderful neighborhood, then register to sponsor a Palooza using the easy process at <https://rebrand.ly/SidewalkPaloozaHost>.



If you would like to participate but don't want to sponsor a sidewalk palooza, you can learn about the paloozas that are being sponsored at <https://sidewalkpalooza.org>. Check this site frequently since new paloozas are defined often.

To make it easier for members, Capitol Hill Village will submit the 311 service request for you if you submit a picture and street address for each sidewalk hazard you find and send them to chvpedestriansafety@gmail.com.

More information about Sidewalk Paloozas is available from Scott Price at scottprice517@gmail.com and at <https://ggwash.org/view/81822/community-leaders-documented-over-375-sidewalk-repair-requests-heres-what-we-learned>.

CHV Testimony at the Recent DACL Oversight Hearing

Executive Director Judy Berman submitted testimony to the DC Committee on Executive



Judy Berman

Administration and Labor, chaired by Councilmember Anita Bonds. This was an oversight hearing on the Department of Aging and Community Living.

Following are highlights from the testimony.

DACL funding supports several functions at CHV. Funding from DACL provides a half-time staff person to lead LGBTQ+ focused programs; supports our volunteer recruitment, onboarding and retention activities; our professional and volunteer tech support; and outreach, as well as equity focused work.

Support for Aging in Place.

CHV supports what I would call the Aging in Place Enterprise. We want aging-in-place to be an optimal choice, since it's what most people say they want. Most of us don't want to live out our lives in age-segregated settings away from our families, friends, and neighbors but we all want to be safe, healthy, and engaged.

To support aging in place as an optimal choice, DC needs to support:

- safe affordable housing with a range of care options at different price points throughout the city;
- a sufficient direct care workforce to support people with ADLs and IADLs at home and in care facilities; and
- ready access to healthy, tasty, nutritious food, including for those with limited mobility and/or compromised cognitive ability.



Food access seems to be improving.

We have had less difficulty finding food resources for our members, despite cuts in SNAP. Some of the resources are private, but we arranged a partnership between a senior building in our neighborhood and DC Central Kitchen which has been very successful; we also distribute food periodically with Goods for Good. I want to shout out The Washington Home and their partnership with DACL for advancing improvements in coordination across the organizations doing this work.

The Direct Care Workforce shortage and a lack of housing options continue to be major problems.

The District needs to fully implement the Certified Nurse Aide Amendment Act of 2024. DC has repeatedly failed to take necessary steps to grow the direct care workforce. While making it easier for individuals certified in Virginia and Maryland to work in DC is smart and helpful, we need to address the fundamental disconnect between the needs of District residents and the workers being prepared to meet those needs. It's not moving in the right direction. We have more folks reaching the age where they need help than we have workers going into the direct care field. Why? Because we lack a functional career pathway for direct care workers, and we don't begin to compensate them for the

value of the work they do. Further, bureaucratic breakdowns have caused good policy initiatives to stall prior to implementation.

The Long-Term Care Coalition, of which CHV is a member, has identified several crucial recommendations to correct this problem and we strongly endorse them. They include hiring and empowering a Long-Term Care Strategic Coordinator to facilitate and oversee collaboration among the many agencies that play a role in resolving these issues; and fully implementing the wage increases in the Certified Nurse Aide Amendment Act of 2024.

Housing for older people needs to be addressed with intention.

In terms of housing, we need a plan. To Age in Place means something a little bit different for everyone. For some, it means staying in the exact home where they currently live. If/when that's not possible, it means staying in the same neighborhood in a more manageable housing unit—perhaps one without stairs, or with wheelchair accessibility, or with staffing support.

Right now, residents in our area of DC cannot age in place if they require additional support. After the concerted efforts we make as a Village to build community and support social engagement, our members need to leave the neighborhood at the very point in their lives when they most need the community they've built. This is just wrong. We need to plan for Aging in Place with policies and practices that recognize the needs of older adults to continue to belong. We need creative solutions, multi-generational housing options, small-house-style elder

▶ continued on page 11

Beware of a Message About Your “Tax Refund”

We’re in the middle of tax season, and if you’re getting a refund, scammers are looking to steal it before you’ve had a chance to claim it. So, before you



respond to a text or email about a “tax refund” — especially one that asks you to click a link—know

that this could be a scam designed to get your personal information and steal your tax refund.

These scams often start with a text or email that looks like it’s from [the IRS or a state tax office](#) saying they’ve “processed” or “approved” your tax refund claim. (Note: that’s not how you find out about a real tax refund.)

To “verify your identity” and “send you money,” they ask you to click a link to enter details like your Social Security and bank account numbers—but it’s a [phishing scam](#). If you click and share your info, the scammer might steal your personal information to get your tax

refund or even steal [your identity](#) to open other accounts.

National Slam the Scam Day

On March 5, 2026, during National Consumer Protection Week, the Social Security Administration (SSA) and its Office of the Inspector General (OIG) will lead National Slam the Scam Day.

Take part by using tools from SSA and the Federal Trade Commission (FTC) to recognize imposters — including Social Security-related scams — and stop scammers from stealing your money and personal information.

Help Us Slam the Scam!

1. Learn about common tactics and how to recognize the signs. For example:
 - An unexpected problem or offer of a prize or government benefit increase.
 - Pressure to act immediately.
 - Request for unusual payments like cryptocurrency, gift cards, gold bars, cash, or wire transfers, even with the promise of keeping your money safe.

2. Spread the word. Visit [ssa.gov/scam](#) for more information that could help you and others stay safe.
3. Report suspicious activity. Report Social Security-related issues to SSA OIG ([oig.ssa.gov/report](#)) and other concerns to the FTC ([reportfraud.ftc.gov](#)).

Announcements & Passages

Noriko Bell, a longtime resident of Capitol Hill, passed away on February 4 after a short illness.



“Noriko will continue to live as long as we hold her memory in our hearts. Thank you for the wonderful community that you are. Noriko truly enjoyed being a part of it.”
—from her sister Mariko.

Walter Bonfield, a resident of Capitol Hill since the 1960s and longtime member of Capitol Hill Village, passed away recently. A concierge at the Ritz Carlton for many years, Wally retired as a dog walker, and he loved animals. In his passing he joins his partner, **Billy**, in heaven. A casual party to celebrate Wally’s life will be March 14 in the upstairs room at Mr. Henry’s Restaurant, 601 Pennsylvania Ave. SE. If you’re able, stop in any time between 12 noon and 6:00 p.m. for food and drink and to reminisce.

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

DACL Oversight Hearing *continued from page 10*

care options embedded in multi-generational neighborhoods, lifelong intergenerational communities.

Data Privacy and Vulnerability to Abuse.

As grantees of DACL, we are expected to maintain Health Insurance and Portability Act (HIPAA) standards for the data we keep. The Grantee Manual states:

Grantees with access to DACL’s data management system have access to Protected Health Information (PHI) and electronic PHI (ePHI), as those terms are defined by the Health Insurance Portability and Accountability Act

(HIPAA). Grantees must maintain administrative, technical, and physical safeguards for all PHI and ePHI they create, receive, maintain, or transmit, in compliance with the HIPAA Security and Privacy Rules.

DACL, however, does not apply these standards to its own data systems and practices. I am genuinely concerned—and feel responsible for—any CHV members whose personal information is in that system. I am not going to spell out the weaknesses I have personally observed in this public forum. I ask that you please use your leadership and committee to insist DACL correct this situation immediately.

Share The Love Volunteer Appreciation

Capitol Hill Village has more than 300 volunteers, who were honored at the annual Valentine month volunteer recognition. If you wonder what volunteers contribute to CHV, Board member Christine Healey, on page 4 has a complete accounting. And there is information for anyone who wants to join the volunteer corps.

Thank you to all our volunteers—and to members who ask for help when they need it!



Progress on Renovating Rumsey Aquatic Center

By the CHV Advocacy Steering Committee

The Rumsey Aquatic Center is a great asset for Capitol Hill, both as an athletic facility and gathering place, but it has seen better days.

Plans to demolish and rebuild the facility are now in the second year. Capitol Hill Village has been part of the effort through participation in the community meeting process, stressing the need for a design that both facilitates competing water uses and provides meeting spaces for older adults and other community members.

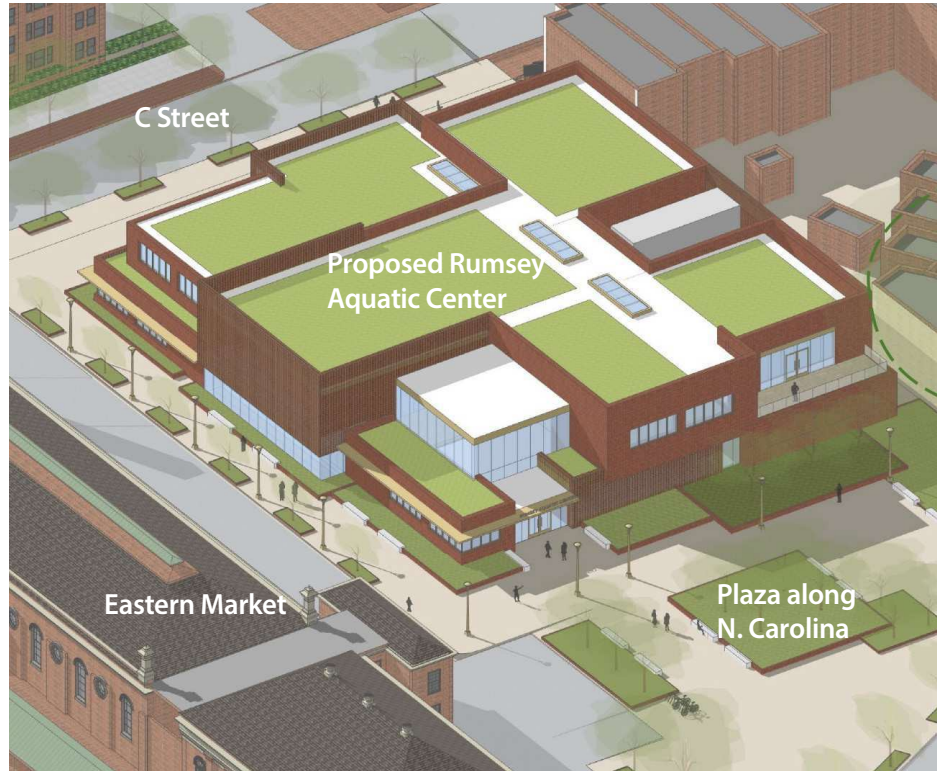
New Design Proposal

At a community meeting in January, approximately 150 members of the public, including many from Capitol Hill Village, viewed an improved concept design proposal for the center presented by representatives of the project architects, DC's Department of Parks and Recreation and Department of General Services (DGS).

An earlier proposal, presented in March 2025, was widely criticized for not having sufficient space for swimmers and not including the community amenities for which Ward 6 Councilmember Charles Allen had secured additional funding.

The new design proposal presented in January now includes an eight-lane lap pool and a smaller aerobics pool with locker rooms and offices on the first floor and a senior center, fitness room, community rooms, and observation decks on the second floor. The design also envisions a renovated plaza on North Carolina Avenue, significant improvements to make the alley between Rumsey and the market more useable by pedestrians, and elements to connect the south side of the aquatic center with C Street SE.

The response at the January community meeting primarily focused on the functional uses of the facility and was generally positive, although suggestions for additional improvements were



made, including from Councilmember Allen. The presentation slide deck may be viewed on the DGS website at <https://dgs.dc.gov/page/rumsey-aquatic-center>.

Back to the Drawing Board

The design of the building exterior must eventually be approved by the District's Historic Preservation Review Board (HPRB) and the U.S. Commission of Fine Arts (CFA). At its January meeting, HPRB asked DGS and the design team to simplify the building's many surfaces, its placement of windows and doors, and to coordinate the design so that the building becomes a civic companion to Eastern Market rather than being simply deferential to it.

Revised design drawings will be available on the HPRB website. The CFA at its January meeting discussed the design but did not take any action.

According to its report, the HPRB commissioners "commended the proposed enhancement of the public spaces around the site . . . [and]

endorsed the planning of the new building; however, they found the busy composition of spare cubic volumes to be reminiscent of the existing brutalist building and similarly inappropriate for the context . . . They strongly recommended that the design approach be reconsidered, possibly using a simpler volume in a character that is more sympathetic with the context while remaining secondary to the Eastern Market. . . ."

A community meeting on a final design proposal is expected but has not been scheduled. Construction is now expected to take between 18 and 24 months. Capitol Hill Village will continue to monitor its progress.

We Appreciate Your Support!



CHV Gala:
Saturday, March 21, 2026
Online Auction:
Thru March 22, 2026



March Events

March 1, 2:00 p.m.
Studio Theater, 1501 14th Street NW

CHV Theater Group

The March theater outing is Octet at Studio Theater. 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.

Register with Helpful Village, buy tickets on your own at Todaytix or the theater's website or box office. Register on the CHV on-line calendar. Join us for supper afterwards at Da Hung Pao 1409 14th St. NW; please let Carol Rabenhorst know if you will join us for supper.

Monday, March 2, 7:00–8:00 p.m.

Virtual Event: Village Voices—Kathleen J. Frydl: Identity-based Politics

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. See story on page 2.

Open to all.



Wednesday, March 4, 3:30–4:30 p.m.

Virtual Event: What We're Hearing



We will be joined by **Dr. Larry Medwetsky** for his presentation, "Aural Rehabilitation: What Is it and How User-Specific Implementation Can Benefit Individuals with Hearing Loss." Dr. Medwetsky has served as an educational audiologist, Director of

Audiology and subsequently as Vice President of Clinical Services in a large speech and hearing clinic, and recently retired as a full Professor from the Doctoral Audiology program at Gallaudet University. Dr. Medwetsky has a focus on spoken language processing and possible deficits in both individuals with normal hearing and hearing loss.

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

Open to all.

Wednesday, March 4, 7:00–8:00 p.m.

Virtual Event: LGBT Intergenerational Book Club

Capitol Hill Village is excited to announce our new LGBT Intergenerational Book Club! Join us on March 4 to decide what books we will be reading. For more information, contact Sophia at sross@capitolhillvillage.org or 202-543-1778 x204.



Open to all.

Thursday, March 5, 4:00 p.m.

Virtual Event: Protecting Yourself in the Digital Age

We invite members and volunteers, to an informative presentation on how to best protect yourself and others from scams. We will go over common types of digital scams, the psychology of scams, how to reduce risk, and the steps to take if you come across a scam. We will practice identifying scams together and end on the most important note, that it is not your fault!

The presentation will be led by Care Services social work interns, Grace and Emma.

Members and volunteers.

Friday, March 6, 1:30–3:00 p.m.

Private Home

CHV Community Drum Circle

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.

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March Events *continued from page 14*

CHV Community Drum Circle *continued*

Saturday, March 7, 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. Session also scheduled for March 28.

Monday, March 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.

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, March 10, 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, March 11, 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, March 11, 5:00–6:30 p.m.

The Residences, 6th Floor, 777 C St. SE **New Location*

Defending Democracy Group

CHV member Karen Branan will lead a discussion on how racism and white supremacy have led us to our current authoritarian state. She will provide a brief summary of the major ways the Trump regime has attacked people of color and how that affects us all, with a special emphasis on historical police brutality, ICE, and Minneapolis.



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, March 12, 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

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Options for Registering for CHV Events

- Click [here](#) to access Helpful Village or go to HV from the CHV website and register on-line.
- Call the CHV Office at 202-543-1778 or email info@capitolhillvillage.org and request to be registered.

March Events *continued from page 15*

Thursday, March 12, 2:00–3:30 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, March 12, 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.

Friday, March 13, 9:00–11:00 a.m.
Your Home

Goodwill Pick-up

NOTE: Signup deadline is 12:00 Noon, Wed., March 11

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, March 14, 9:00 a.m.–12:00 p.m.
Your Home or CHV Office

Personal Shredding & Hazardous Waste Pick-up

Note: Registration closes Thursday, March 12

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



Personal papers (medical, financial, utility bill stubs, old check stubs, etc.). Put in paper sacks or cardboard boxes. These will be shredded at the drop-off site.

Chemicals and batteries (household cleaners, garden chemicals, alkaline batteries). Put these in a sturdy plastic bag or a cardboard box, and make sure the containers are sealed and not leaking.



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

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

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

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Options for Registering for CHV Events

- Click [here](#) to access Helpful Village or go to HV from the CHV website and register on-line.
- Call the CHV Office at 202-543-1778 or email info@capitolhillvillage.org and request to be registered.

March Events *continued from page 16*

Sunday, March 15, 6:00–8:00 p.m. ***Date Change**

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

Cinephiles Academy Awards Party



Cinephiles Academy Awards viewing party. Participants should view as many of the following films as possible, although list is subject to revision based on availability (on Prime unless otherwise noted):

The Testament of Ann Lee (only available in the theaters, The Secret Agent, Rental Family, The New Yorker at 100 (free on Netflix), No Other Choice, American Rhapsody, The Commitments (1991 classic). A late addition: Mr. Nobody Against Putin, might be able to rent on Netflix.

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

Members only. Registration required.



Monday, March 16, 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.

Tuesday, March 17, 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. Enjoy an afternoon of socializing and getting to know your neighbors at Capitol Hill Village's monthly LGBT

Member Meetup. Registration required. See a story about the group on page 5.

Open to all.



Options for Registering for CHV Events

- Click [here](#) to access Helpful Village or go to HV from the CHV website and register on-line.
- Call the CHV Office at 202-543-1778 or email info@capitolhillvillage.org and request to be registered.

Tuesday, March 17, 4:30–6:00 p.m.

The Residences, 6th floor, 777 C St. SE *New Location

Village Literary Club

In March, the group will discuss "What Else Are You Reading." Members are invited to talk about a book they have read and enjoyed.

Members. Sign up by noon, March 16.

Tuesday, March 17, 6:00–7:15 p.m.

Virtual Event: LGBTQ Social Hour

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

For more information, contact Sophia at ross@capitolhillvillage.org or call 202-543-1778 x204.

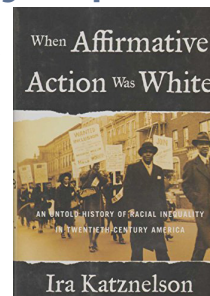
Thursday, March 19, 1:30–3:00 p.m.

Virtual Event: Social Justice Reading Group

We will continue to discuss *When Affirmative Action Was White: An Untold History of Racial Inequality in Twentieth-Century America* by Ira Katznelson.

In this "penetrating new analysis" (New York Times Book Review) Ira Katznelson fundamentally recasts our understanding of Twentieth-century American history and demonstrates that all the key programs passed during the New Deal and Fair Deal era of the 1930s and 1940s were created in a deeply discriminatory manner. Through mechanisms designed by Southern Democrats that specifically excluded maids and farm workers, the gap between blacks and whites actually widened despite postwar prosperity. In the words of noted historian Eric Foner, "Katznelson's incisive book should change the terms of debate about affirmative action and about the last 70 years of American history."

Open to all.



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March & April Events continued from page 17

Thursday, March 19, 3:00–4:00 p.m.

Private Home

History & Biography Book Group

Check the on-line calendar for the name of the book to be discussed. Bring a beverage if you like.

Members.

Friday, March 20, 1:30–3:00 p.m.

Private Home

CHV Community Drum Circle

See the March 6 entry.

Open to all.

Saturday, March 21, 7:00–10:00 p.m.

St. Mark's Church, 301 A St. SE

CHV Gala

Celebrating 100 years of iconic Route 66 with music, dancing, good food, and fellowship. Plus, the Gala is the first opportunity to purchase seats at Salon events! See pages 1 and 6-7.

Tickets and sponsorships at: <https://bidpal.net/chvgala>.

Don't miss out on the opportunity to gather a group and get a ticket discount—save \$20 per ticket when you buy a package 4 tickets. This offer will expire, so don't wait.

Monday, March 23, 3:00–4:00 p.m.

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

See the March 9 entry.

Open to all.

Wednesday, March 25, 5:00–6:30 p.m.

The Residences 6th floor meeting room, 777 C St. SE

Defending Democracy

This meeting will focus on the local elections going on in DC this year: Mayor, City Council, and Delegate. A group within Seniors Defending Democracy has been tracking the races and will report on who has collected the signatures needed to qualify for a spot on the ballot and our preliminary understanding of their positions on key issues important to the group.

Members and volunteers.

Thursday, March 26, 2:00–4:00 p.m.

Labyrinth, 645 Pennsylvania Ave. SE

Games and Puzzles

See the March 12 entry. No reservations required, just come.

Open to all.

Thursday, March 26, 2:00–3:30 p.m.

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

Audio Book Club

See the March 12 entry. ***Now Twice a Month**

Open to all

Thursday, March 26, 3:00–4:00 p.m.

Virtual Event: Parkinson's Support Group

See the March 10 entry.

Open to all.

Saturday, March 28, 11:00 a.m.–3:00 p.m.

Community Action Group, 124 15th St. SE

Memory Studio

See the March 7 entry.

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.

Wednesday, April 1, 3:30–4:30 p.m.

Virtual Event: What We're Hearing

See the March 4 entry. Please contact Alex Smith with any questions or concerns: asmith@capitolhillvillage.org or (202) 543-1778.

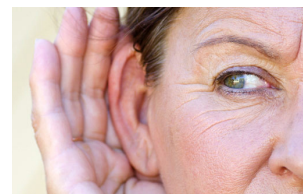
Open to all.

Friday, April 3, 1:30–3:00 p.m.

Private Home

CHV Community Drum Circle

Drum your way to connectedness and joy! See entry for March 6. *Open to all.*



▶ continued on page 19

April & Ongoing Events continued from page 18

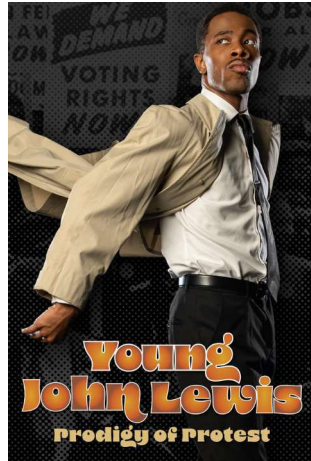
Saturday, April 4, 3:00 p.m.
Mosaic Theater, 1333 H St. NE

CHV Theater Group

The April outing is Mosaic Theater's *Young John Lewis: Prodigy of Protest*. The musical by Psalmayene 24 is both a galvanizing call to action and an inspiring reminder that we can all make a difference, no matter our age. Make Some Good Trouble!

Buy your tickets in advance, and register on the CHV calendar. Ann Geracimos has arranged for CHV members to get a 20 percent discount on tickets. Call the theater box office at 202-399-7993 ext. 501 to purchase tickets, using the code CHV20. We're looking for a volunteer to organize a supper afterwards (which involves choosing the restaurant, tracking attendees and making the reservation). So many options on H Street!

Members.



Monday, April 6, 3:00–4:00 p.m.

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

See the March 9 entry.

Open to all.

Wednesday, April 8, 2:30–4:30 p.m.

Private Home

Poetry Readers

See the March 11 entry.

Members and volunteers.

Wednesday, April 8, 5:00–6:30 p.m.

The Residences Library, 333 Eighth St. SE

Defending Democracy Group

The group aims to serve as a clearinghouse for info about upcoming events, provide points of contact for other political groups, brainstorm ways to support local initiatives, and, of course, provide a friendly and supportive group to help us through the current events together.

Members and volunteers.

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

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, Computer Room, 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.

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Ongoing Events *continued from page 19*

Mondays, 1:00 p.m.
Second and I Streets. SE

Petanque



Join a group of Capitol Hill 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.

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

CHT Grief Support Group



Alex Smith

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

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. ***Rehearsals start March 11**

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.

Rehearsals begin March 11, and the first one is free to anyone who wishes to give Second Wind a try. For more information, see www.secondwindchorusdc.com or call Shirley Rosenfeld at (202) 544-1646. Read a story about Second Wind on page 9.

Ongoing Events *continued from page 20*

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

Mahjong

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

Locations:

- 1st Wednesday: Labyrinth Games and Puzzles, 645 Pennsylvania Ave SE
- 2nd Wednesday: Tunncliffe's Tavern, 222 7th Street SE
- 3rd Wednesday: Labyrinth Games and Puzzles, 645 Pennsylvania Ave SE

- 4th Wednesday: Mr. Henry's, 601 Pennsylvania Ave SE
Contact CHV at info@capitolhillvillage.org to sign up.

Fridays, 11:30 a.m.–1:00 p.m.

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

Women's Conversations and Connection Group

This is an opportunity to meet with CHV members and volunteers to make connections and friendships. It is open to all women, and when you arrive at the Residences, let the concierge know you are with Capitol Hill Village and going to the 6th floor meeting with CHV member **Jeety Kang**. Registration is encouraged, but please attend whenever it works with your schedule. A light snack is provided.

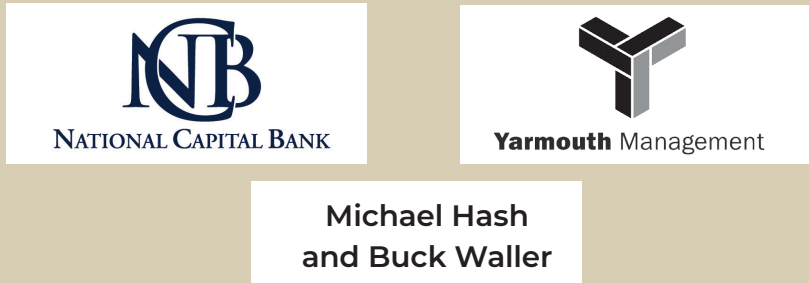
Members and Volunteers.

Many Thanks to Our Generous Gala Sponsors

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CHV Gala:
Saturday, March 21, 2026

Online Auction:
Thru March 22, 2026



Capitol Hill Village
1355 E Street SE
Washington, DC 20003