



Villagers enjoyed dinner with Smithsonian lecturer and tour leader Bill Keane (at center), who took them on a virtual tour of the world of Frank Lloyd Wright and some of his architectural masterpieces. Hosted by Buck Waller and Michael Hash, the Salon generated funds for Capitol Hill Village, and was part of the very successful 2026 Gala, auction, and Salons. See more on Page 12.

## “Stigma grows in silence. Healing begins in community.”

By Lizzy Kosin

This was the first, bolded line my eyes were drawn to on the National Alliance of Mental Illness website for May’s Mental Health Awareness Month. It’s an important reminder of why villages exist, why we focus on centering and amplifying the lived experiences of older adults, and why we push back on the stigma and silence that perpetuates harm to all of our well-being.

This month, the CHV Care Services Team wants to remind us of the power of speaking up for mental health care, not just for ourselves but for everyone. It is a reminder that the safety we create to be able to share our own experiences empowers others to share and get help, too.

This can start with a conversation or a compassionate action. The truth is, we don’t fully know another person’s

internal experience. Emotional pain can be hidden beneath silence or overlooked as a natural part of aging or “just” physical complaints. It is important **we advocate for equitable health care access so anyone can seek professional care when needed**, or at the very least, get help navigating the barriers that prevent folks from getting care.

Mental health care can range from making sure you get to your weekly Mah Jong affinity group to scheduling an appointment to talk with your primary care doctor about changes in your mood, cognition, body, and behaviors. You or someone you know may also benefit from joining a therapy or support group or having an individual non-judgmental therapy space.

While some may find aspects of aging difficult, challenging, or

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## It’s Primary Election Time in DC

### The Big Change: Ranked-choice Voting

A 2024 election initiative authorized a new voting system in the DC primary and general elections—ranked-choice voting. If they choose, voters can rank their preferences for candidates: first choice, second choice, third choice, up to five candidates.

Candidates need to receive 50 percent of the vote to win. If no candidate gets over 50 percent of the first-choice votes, the candidate with the fewest

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# It's Primary Election Time in DC *continued from page 1*

votes is eliminated, and their votes are redistributed to those voters' second choice candidate until one candidate gets more than 50 percent of the vote. Note that you should only cast ballots for candidates you want to have your vote.

Implementation of ranked-choice voting will generate discussion on strategy, and the potential remains for voters to mismark, and thus invalidate, their ballots.

## And Another Big Change: Open Primary

The 2024 election initiative also allows registered Independents to participate in either the Democratic, Republican, or Statehood-Green party primaries without changing their registration. Registration information is at <https://www.dcboe.org>

## Here's what's on the June 16 Primary Ballot

- DC Mayor
- Chairman of the DC Council
- Special election to finish the term of At-Large Council Member Kenyon McDuffie, who resigned to run for mayor.
- At-Large Council Member (full term)
- Council Members for Wards 1, 3, 5, and 6
- DC Attorney General
- Delegate to the House of Representatives
- U.S. Senator
- U.S. Representative
- Advisory Neighborhood Commissioners

## Educate Yourself Before Voting

CHV is offering two in-person opportunities to learn about Ranked Choice Voting.

- **On Friday, May 8** from 11 a.m. to 1:00 p.m. at Capitol Hill Towers. Will include equipment demonstration.
- **On Monday May 11**, Capitol Hill Village and ANC6B are partnering with the DC Board of Elections in an information session about ranked choice voting. It's from 7:00-8:00 p.m. at the Capitol Hill Presbyterian Church, 201 Fourth St. SE.

This is the perfect opportunity to get your questions answered. This event is free and open to the public. Registration through the CHV on-line calendar is not required, but it will help us to prepare. Also, if you need transportation support to get to the event or have transportation to offer, please indicate that in the registration comment section. You can register [HERE](#) for the event at Capitol Hill Towers, or [HERE](#) for the event at Capitol Hill Presbyterian Church.



Voters can also take advantage of educational material provided by the DC Board of Elections at <https://www.dcboe.org/rcv#>. That link provides information on Board of Elections webinars scheduled for May 12 at 1:00

and 7:00 p.m. and May 28 at 11:00 a.m. and 3:00 p.m.

Check out [this video](#) explaining how to complete a ranked-choice ballot.

## Casting Your Vote

### Ballot Distribution

All active registered D.C. voters and incarcerated voters who are registered to vote will receive a ballot in the mail. The DC Board of Elections plans to start mailing ballots on May 11. You can track your ballot [HERE](#).

### There are two ways to cast your mailed ballot

Complete and sign your ballot, and then put it in the mail (paid postage is included) by June 16. The ballot must be postmarked or have some other proof you mailed it by June 16, and it must arrive by June 26.

Or use one of the drop boxes, which are tentatively scheduled to open on May 22. Complete and sign your ballot, and then drop it in a drop box by 8:00 p.m. on June 16.

### Capitol Hill area drop boxes

- Northeast Library, 330 Seventh St NE
- Eastern Market, 225 Seventh St. SE
- Payne Elementary, 1445 C St. SE
- Rosedale Library, 1701 Gales St. NE

For a complete list of drop boxes, see: <https://www.dcboe.org/elections/2026-elections>

### In Person Voting

- Early voting is available from June 8–14 at designated sites (see link above).
- Vote at designated sites on Primary Election Day June 16.

## CAPITOL HILL VILLAGE

To become a member, go to [www.capitolhillvillage.org](http://www.capitolhillvillage.org) and click on "Membership." Dues can be paid online, or call the office at 202-543-1778.

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

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



CHV #55474



CHV #8066



**Call Us: 202-543-1778**

(Mon.-Fri., 9 a.m.-5 p.m.)

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

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Mary Bloodworth, *Director of Operations*

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Lizzy Kosin, *Director of Care Services*

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### Capitol Hill Village News Team

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## FROM THE EXECUTIVE DIRECTOR

# CHV—Custom Designed and Adaptable for You



Judy Berman

May conjures many things, including Mental Health Awareness Month (see page 1), LGBT+ Elders Day on May 16, (see page 7), Mother's Day on May 10, my fathers (98th!!) birthday on May 3.

May is also the month for the event to raise money for the **Jon Genderson Memorial Fund** on Sunday, May 31, from 2:00-4:00 p.m. This fund supports subsidized CHV memberships and urgent safety and health care needs of our neighbors with limited financial means.

The Genderson Fund (formerly the Rogers Fund) was my personal introduction to Capitol Hill Village back when I was just another resident of Capitol Hill, a working mom of school-aged kids mostly interested in MoTH (Moms on The Hill) and SoTH ( Soccer on The Hill). I knew a little bit about GoTH (Grandparents on The Hill) but not much. I became a donor to the Village and found satisfaction in helping to extend the benefits of Village membership to low-income older adults.

At the same time, I understood little about how the Village worked or what membership meant. And I think that's still true for a lot of people in our community, including our donors. We sense it's important that communities take care of older adults who need support, and we understand intuitively that aging in place should be a viable option. But unless we've been in the trenches with a parent who's taken a life-changing fall or had grandparents live with us as we grew up and watched as their needs and relationships changed, we probably don't understand the realities of aging in America or how an organization like a Village fills a significant need.

From the day we're born, we're aging; when we're young, it's called growth, and then sometime after 50, it starts to be conflated with decline. Either way, aging is a moving target and even if we agree that we're talking about a "stage of life," that stage can be 30-40 years long. It's also true that there is no system for aging — not for retirement, not for long-term care, barely for health. Businesses, institutions and products that we associate with aging are typically designed for a particular phase of older adulthood with little connection to what comes before or after. (The exception might be continuing care retirement communities or CCRCs, which co-locate independent and assisted living facilities with rehab, nursing and/or memory care but these typically require uprooting from "home" to life in an age-segregated environment and tend to be extremely expensive.)

The Village, in contrast, is a custom-designed, constantly adapting response to the existing conditions of aging as they play out in our neighborhood, our city, our country. We offer opportunities and support for a more satisfying, more coherent, less isolated aging experience at every step of the way.

For those newly arriving on Capitol Hill after retirement as well as locals who retire from work and discover they don't recognize any of their neighbors, CHV creates opportunities to meet people, share experiences, build friendships, discover new interests, find purpose apart from paid work.

For those who just need a little help here and there with a household chore, a smartphone app or an errand, we screen and match willing volunteers who cheerfully provide the help that's requested.

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FROM THE BOARD

# “Mah-ssage” Your Brain for Healthy Aging



Ann Manheimer

“April showers bring May flowers, but what do May flowers bring?”

One response is that May is Mental Health Awareness Month, and

this year’s theme, *More Good Days — Together*, complements the Capitol Hill Village mission to promote the well-being of all older adults in our community. *More Good Days Together* describes perfectly just how the Village implements its mission—with neighbors helping neighbors.

**Like the flowers of May, opportunities to improve our mental health and overall well-being** are blooming in CHV. One of our most popular activities, Chinese Mah Jong, is a wonderful example of how folks can come together, engage with each other, have some fun, and at the same time, improve their brain health. *Axios Finish Line*, an online newsletter that shares uplifting ideas or trends, recently

highlighted the impact that playing Mah Jong can have on brain health:

*Mahjong [sic], the centuries-old Chinese game, isn’t just trending. It’s “one of the best things that you can do for your brain,” says Gregg Swain, a [sic] historian of the game with a doctorate in clinical psychology... A 2024 review of 53 studies found that mahjong [sic] is linked to better cognitive and psychological outcomes in older adults — though researchers say more work is needed to understand exactly why.*

In Mah Jong, players draw, discard, and strategize toward a winning hand of tiles. The tiles are like playing cards, but instead of displaying suits of hearts, diamonds, clubs and spades, the tiles display “suits” of bam (short for bamboo shoots), dots, and cracks (short for characters). There are also tiles with representations of winds, dragons, flowers and jokers. The game has long been a cherished pastime, first among Asian families, then Jewish communities. The game fires up strategic thinking, pattern recognition, and memory, which can support healthy aging.

**Chinese Mah Jong:** When my mother passed away, I inherited her set of pale pink mah jong tiles in a worn case with a crocodile patterned cover. A few years later, when I retired and wanted to learn how to play the game, I found a “guru” at CHV—Patrick Hamilton, an active volunteer still coordinating games and teaching Chinese Mah Jong to Village members, volunteers, friends, and neighbors.



Chinese Mah Jong is a bit like the card game of Gin Rummy. Players draw and discard tiles from a hand of 13 tiles, A winning hand includes 14 tiles (no discards) made up of four “runs,” or numbered sequences of three tiles in a suit and/or sets of three-of-a-kind tiles with the same number in the same suit. Winners experience the satisfaction of announcing, “Mah Jong!”

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FROM THE EXECUTIVE DIRECTOR

## CHV—Custom Designed and Adaptable for You *continued from page 3*

For those who are beginning to experience mobility, sensory, or cognitive changes that disrupt their routines, CHV offers connection with others who are having similar experiences to create community and find humor, along with strategies to improve quality of life and prevent the social isolation that often accompanies these changes.

For those who are facing a crisis, struggling with caregiving responsibilities, a difficult health problem, or other overwhelming experiences, we offer one-on-one support from professional social

workers who help to wrap the resources of the Village around individuals in need. That includes identifying ways that volunteers can take some of the load off members and their families as well as identifying additional resources that may be useful and exploring alternative living environments they might want or need to consider.

Now, I’ll let you in on a little secret. These events (or needs) don’t happen in sequence and these groups are not distinct. They overlap, people weave in and out. Each member of the Village may need one or more of these programs or services at any time. And

CHV is available to meet them where they are with warmth, kindness, and a uniquely developed body of knowledge about what’s available and how to get their needs met.

Every older adult and every family of an older adult deserves this kind of support regardless of financial status. That is why CHV matters, and that is why the Genderson Fund matters.

Please join us on May 31 to drink a toast to the legacy of Jon Genderson, and to ensure that all our neighbors have access to the very best our community has to offer.

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## FROM THE BOARD

# “Mah-ssage” Your Brain *continued from page 4*

when the hand is complete. We used to meet weekly in each other's homes while sipping tea, coffee and whatever light snack was in the cupboard of the host or hostess. Patrick and the others welcomed me, and now, about 15 years later, a core group of us are still playing.

As the size of our group expanded, we outgrew private homes. We now meet weekly, on Wednesdays, from 2:00-4:00 p.m., in spaces that local businesses make available. Twice a month we meet at Labyrinth Games and Puzzles, and once a month, we alternate between Tunnicliff's and Mr. Henry's, where we can order food and beverages while we play.

- To join the email list for announcements about locations, dates, and CHV Chinese Mah Jongg playing times, contact Patrick Hamilton [jpatrickhamilton@aol.com](mailto:jpatrickhamilton@aol.com).

**Mah Jongg has been good not only for my brain but also for the wonderful social interactions and friendships I've made.** Over the years, we have supported each other through the loss of some of our players; we've celebrated birthdays or holidays together, given each other rides to medical or volunteer appointments, and even gently told each other when it's time for hearing aids or other assistance.

**American Mah Jongg (two “Gs):** A splinter group of American Mah Jongg players has begun to meet. American Mah Jongg challenges players put together pre-determined patterns of tiles developed each year by the National Mah Jongg League. The League publishes the patterns on cards and sells them online for a nominal fee. American Mah Jongg players use lovely flower and fun joker tiles, that are not used in Chinese Mah Jongg. They also experience and enjoy the mental exercise of interpreting the patterns on the Mah Jongg cards and translating them into a winning hand.



Keith Morris (left), Ann Manheimer and CHV members playing Chinese Mah Jongg at Tunnicliff's.

The American Mah Jongg players meet once a month at the Northeast Neighborhood Library. Both new and experienced players are welcome, especially those who can bring sets of tiles, American Mah Jongg cards, and a willingness to orient new players to the game.

- For information on American Mah Jongg at the Northeast Library, contact CHV member Keith Morris, [kmorris811@gmail.com](mailto:kmorris811@gmail.com).

Mah Jongg games, including American, Chinese, and other versions are gaining popularity throughout DC.

- Lessons in American Mah Jongg are offered for a small fee on Sunday mornings at the Capital Jewish Museum, and in the afternoon, there is time for play.
- Free lessons are offered on Tuesday evenings at the Martin Luther King Jr. Library, where play also takes place on Monday and Tuesday evenings. All types of Mah Jongg(g) are being played at the MLK Library, where you will find a

welcoming environment made up of players of all ages, backgrounds and skill levels, including beginners. Advance sign-ups are needed, especially for the lessons.

- Registration for lessons or play at the Capital Jewish Museum or the MLK Library is online at <https://www.dcmahjongg.com/> or through the Luma app.

So, whether you choose to get your “mah” on, or as CHV says, “Get Your Move On,” May is a great month to try something fun, meet new people and/or reconnect with friends and neighbors, and in doing so, play your way to better health and well-being.

For the information on CHV programs and activities, see the Events List in this newsletter or review the entire calendar and sign up at <https://capitolhill.helpfulvillage.com/events>. Email [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org) or call 202-543-1778 for questions or assistance with registration.

# Mental Health Awareness Month *continued from page 1*

even depressing, depression is not a guaranteed or “normal” part of aging, and it can be supported and treated. Another reality is that symptoms of depression, dementia, grief, and even urinary tract infections can all overlap, which is why it is important to be assessed and get treatment, if appropriate, as early as possible.

**Ageism permeates our society and our healthcare system, and that can prevent people from getting the care they need to be well.** Ageism and mental health stigma cannot be overcome just by one person. After all, we all know it takes a village.

We encourage everyone to pay attention to large, but also more subtle, changes in language, mood, or routine in yourself and others. Using curious,

non-judgmental language and letting someone know you are there for them even when you don't have all the right words are key ways to support the mental health of your friends and neighbors. And, for yourself, don't accept the assumption that depression or anxiety are normal parts of aging. You deserve to understand what is affecting your mental health and the treatments that are available.

**Be on the lookout for details about a May 28 virtual mental health awareness and education session with the [Wendt Center for Loss and Healing](#).**

To learn more about mental health resources that match your specific needs, contact the CHV Care Services Team at 202-543-1778 ext. 4.

## CHV Programs Work for You

CHV activities promote mental, physical, emotional, and even spiritual health, provide an opportunity to form or strengthen friendships, and help prevent the isolation that can befall us as we age. In addition to Mah Jong (see page 4), consider exercising your mental muscles with these CHV groups:

- Games and Puzzles
- **Book clubs**—Literary Club, Social Justice Reading Group, Anti-Racism Reading Pod, Audio Book Club, LGBT+ Intergenerational Book Club, Wyze Guyz Book Club, History and Biography
- **Arts-focused**—Poetry Readers, Theater Group, Cinephiles, Opera Society, Second Wind
- Defending Democracy Group
- LGBT+ Member Meetup, CHV Happy Hour, Yappy Hour
- Wyze Guyz
- Women's Conversations and Connections

In support of good brain and mental health, there are exercise or movement programs available through CHV, and

May is a great time to try or to recommit to one of these:

- Easy Strollers
- Restorative Yoga
- A Matter of Balance
- Kayaking
- Petanque
- Tai Chi and Qigong
- The Walk, View, Eat program brings members together to walk to the National Gallery of Art and then have lunch together. This program has it all: a walk for exercise, mental stimulation, and camaraderie as you chat about your experience together over lunch.

If it's your heart or soul that needs sustenance, take advantage of:

- The CHV weekly online meditation program or other support programs including Mindful Monday Peer Recovery Support, Grief Support (for CHT residents), Taking Care of Yourself—A Group for Men, Parkinsons Support Group
- What We're Hearing
- CHV Community Drum Circle

## Mental Health Resources

**The Community Response Team (CRT):** a 24-7, DC support to adults who are experiencing emotional, psychiatric or substance use vulnerabilities to promote service engagement and overall behavioral health and wellness. Call 202-673-6495.

**The Access Helpline** connects DC residents to services provided by the Department of Behavioral Health and its community-based providers. This 24-7 phone line is staffed by professionals who can refer a caller for immediate help or ongoing care. **Call: 1-888-793-4357.**

**Suicide and Crisis Lifeline:** Call or Text 988

- **Deaf or Hard of Hearing American Sign Language Users:** For TTY Users: Use your preferred relay service or dial 711 then 988.
- **Veterans** in crisis and their families and friends can be connected with qualified Department of Veterans Affairs responders through a confidential hotline by calling 988 and pressing 1 or Texting 838255.

**Friendship Line – Institute on Aging:** Call 1-888-670-1360

- A 24/7 Lifeline for Older Adults and Caregivers feeling isolated, overwhelmed, or alone.

**National Alliance on Mental Illness Helpline:** Call 1-800-950-6264 or text NAMI to 62640

- Free, confidential support available Monday through Friday 10am-10pm EST

**The Wendt Center for Loss and Healing:** 202-624-0010

**Iona Senior Services Support Groups:** 202-895-9448

# Celebrating LGBTQ+ Elders Day

By Emma Radich & Sophia Ross

On May 16, we celebrate the contributions and leadership of LGBTQ+ community members by honoring LGBTQ+ Elders Day.

Founded in 2016 by the Center for LGBTQ+ Health Equity of Chase Brexton Health Care, we observe this day to recognize the advocacy and resilience that LGBTQ+ older adults have demonstrated over decades of fighting for their rights. [https:// www.lgbtelddersday.com/about/](https://www.lgbtelddersday.com/about/)

This special day highlights all LGBTQ+ elders and their continued existence and resistance to systems built against them. Homophobia, transphobia, and ageism have resulted in major health inequities for some LGBTQ+ elders. Part of the purpose of LGBTQ+ Elders Day is to advocate for and increase awareness of the need for more resources to fight these health inequities and the systems that cause them. At the same time, LGBTQ+ Elders Day is an opportunity to share stories of joy, resilience, and community.

## Notable LGBTQ+ Elders

We are highlighting a few LGBTQ+ elders (living and deceased) who have had and continue to have an impact on our community. It is important to acknowledge our elders because they are not always referenced in standard histories. Not all LGBTQ+ elders are famous politicians or celebrities. Many are notable simply because they existed and persisted despite efforts by many to deny their very existence. Others have publicly fought so those coming behind could live more safely, authentically, and visibly.

**Dr. Rachel Levine**, 68, is professor of pediatrics and psychiatry at the Penn State College of Medicine. She previously served as Assistant Secretary for Health at the U.S. Department of Health and Human Services from



2021–2025 and is the highest ranking openly transgender government official in U.S. history. In 2022, she was named one of *USA Today's* women

of the year in recognition of her contributions to society.

**Miss Major Griffin-Gracy** was a formidable transgender elder and activist and a veteran of the Stonewall Uprising. As a community leader, she served as the first executive director for the Transgender Gender Variant Intersex Justice Project. She is a survivor of the Bellevue Psychiatric Hospital, Attica Prison, the HIV/AIDS crisis, and “a world that white supremacy has built.” She was the subject of the 2015 documentary film *Major!*, the 2016 film *Personal Things*, and an executive producer for the 2021 docu-series *Trans in Trumpland*. Miss Major passed away at age 78 last October, and will be warmly remembered for her resilient spirit, unwavering determination, and the inspiration and hope that she gave to others. For more information about Miss Major, see her memoir *Miss Major Speaks: Conversations with a Black Trans Revolutionary*.



**ABilly S. Jones-Hennin** was a longtime local and national advocate for LGBTQ+ rights. In 1978, he co-founded the National Coalition of Black Gays. In one weekend in 1979, he both served as logistics coordinator for the first March on Washington for Lesbian and Gay Rights and helped organize

the National Third World LGBTQ+ Conference at Howard University. Jones-Hennin was especially concerned with LGBTQ rights in healthcare settings, centering his activism in the HIV/AIDS crisis of the 1980s and developing LGBTQ-inclusive healthcare programming with the Whitman-Walker clinic. His medical activism extended to disability advocacy, and he spoke out vigorously about homophobia in healthcare. In 1989, he led the Minority AIDS Program in Washington D.C.

In 2007, the Rainbow History Project named Jones-Hennin a “Community Pioneer,” their most prestigious award, and in the same year, he chaired the DC Mayor’s LGBTQ+ Advisory Committee. ABilly passed away in 2024 and is remembered as a local LGBTQ legend. For more information on ABilly S. Jones-Hennin, read [his interview](#) in the book *A Queer Capital: A History of Gay Life in Washington, D.C.*

## How You Can Celebrate LGBTQ+ Elders Day on May 16

- Thank an LGBTQ+ elder in your life.
- Advocate for the rights of LGBTQ+ elders: <https://www.sageusa.org/get-involved/take-action/>
- Donate your time or money to local LGBTQ+ organizations or to CHV’s LGBTQ+ programming.
- Educate yourself about LGBTQ+ elders/history: <https://www.facinghistory.org/ideas-week/10-resources-teaching-lgbtqia-history>
- Elders, consider telling your story at the **Rainbow History Project** at <https://rainbowhistory.org/oral-histories/> You can also volunteer to transcribe interviews, and do needed research.
- Listen to LGBTQ+ oral histories at <https://www.lgbtqdigitalcollaboratory.org/oral-history-hub/>.

# Is a Better Sidewalk Material in the Future?

The condition of Capitol Hill sidewalks continues to occupy the minds of many residents, and Ward 6 Council Member Charles Allen provided an update on the trial of a substitute for brick sidewalks.

Excerpting from Allen's April 4 newsletter:

*If you've been walking around 10th Street NE recently, you may have noticed something new underfoot: some stamped concrete sidewalks are starting to appear in Ward 6. This is a pilot program—not a blanket change—and DDOT's testing it out on a handful of blocks to see how it performs over time.*

*As you know, there's no shortage of opinions when it comes to sidewalks. Brick has the classic look many of us love, but it can shift over time, especially with tree roots, creating tripping hazards and ongoing maintenance challenges.*

*Stamped concrete is designed to mirror the look of brick while providing a smoother, more durable*



The stamped concrete section is at the top of this photo, contrasted with existing brick at the bottom. The trial is in the 700-800 blocks of 10 St. NE. If you have the chance to check it out, Council Member Allen would like your feedback at [Charles@charlesallenward6.com](mailto:Charles@charlesallenward6.com).

*surface. The goal is to improve safety for all who use the sidewalk, reduce long-term maintenance costs, and still preserve the character of our historic streets.*

The Capitol Hill Village Sidewalk Safety Team advocated for a test of the stamped concrete sidewalks in the “2025 Residents Report to Improve Sidewalk Safety.”

## Honoring & Remembering

Capitol Hill Village appreciates these special gifts received in 2025

From **Michael Allen and Leslie Feder**:

In memory of our neighbor, **Milton Parrish**. He was a kind, proud and beautiful man. We will miss seeing him on our street.

From **Eddie and Kathy Binder**:

In honor of our friend, **Rebecca Roman** who, in turn, asked that we honor staff member **Alex Smith** (whom we have met and learned firsthand how terrific she is).

From **Kenn Allen and Maureen Shea**:

In memory of **Steve Rogers**.

From the **Hollander Family**: In memory of **Charlotte Genderson**, loving mother to **Jon Genderson**.

From **Cyndy Renoff**:

In memory of **George Taler**.

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# Village Voices

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

**Tuesday, May 5. In conversation: former U.S. Ambassador to Nigeria John Campbell and Consul General Robyn Hinson-Jones**



Nigeria is a country of many ethnic groups, religions, voices. A recent New York Times headline read “How Trump Took Up ‘Christian Genocide’ in Nigeria.” On last Christmas Day, the United States struck areas of northwest Nigeria with Tomahawk missiles, and later the U.S. military confirmed that a small team of U.S. forces now has “boots on the ground” in Nigeria.

Nigeria is a nation with a great variety of peoples and the tensions that go with

such a mixed population. Ambassador Campbell and Consul General Robyn Hinson-Jones served in Nigeria, and they will introduce the population profile, the tensions that go with it, and the current involvement of the United States in the country.

**Monday, June 8. Marcus Kyd: Bringing Beowulf to Life**

Beowulf is the oldest surviving long poem in Old English, written by an anonymous Anglo-Saxon poet between the Eighth and Eleventh centuries. Beowulf is a hero who comes to aid Hrothgar, King of the Danes, in his fight against the vicious monster Grendel. Before the tale is over, Beowulf fights and defeats Grendel; Grendel’s mother, becomes king of the Geats, and vanquishes a dragon. And that’s not all ...

Marcus Kyd adapted the 3,182 lines of the saga into a 90-minute tale told in a barroom, following Beowulf’s adventures with a bit of other stories along with it. He performed the adaptation with the Taffety Punk Theatre Company at the Capitol Hill Arts Workshop in February, and that

## Access to Past Programs

If you missed a Village program, most are available on the [CHV Channel](#) on YouTube. You can also subscribe to the channel.



production won a 2026 Helen Hayes nomination for Outstanding New Play or Adaptation. Join us to hear Marcus Kyd discuss his work to turn the

saga into a 90-minute drama and hear a bit of the retelling.

*Note: After the June Voices, Voices is taking a vacation. See you in September.*

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

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# Sylvia & Bill Peterson CHV Vehicle Donations Program

We are delighted to announce a new way for you to support CHV. We can now accept donations of vehicles. We were inspired to begin exploring options for this service by CHV member Bill Peterson who offered to donate his wife Sylvia’s car to CHV, but we couldn’t accept it. We have partnered with Charitable Adult Rides and Services (CARS), which will pick up and sell cars for us and transfer the funds to CHV when the car is sold.

CARS is a non-profit organization that began as a volunteer transportation provider for older adults, so they are a kindred spirit of sorts to the Capitol Hill Village. Their work processing vehicles for other non-profit organizations, including public radio

stations, animal shelters and more, helps fund their charitable services. The costs of the donation service (towing, etc.) are deducted from the proceeds so there is no cost to the donor or to CHV.

With a national network of towing companies and other vendors, CARS can schedule a convenient time to pick up your car (whether it runs or not) and handle the entire transaction. You’ll provide some basic information after which they will arrange for a local vendor to contact you to schedule the pickup. If you prefer, you can designate a Point of Contact to manage the arrangements and be with the car when it’s picked up.

Once the car is sold, CARS will transfer the funds to CHV and send you the necessary IRS form documenting your donation. CARS can also answer your questions about liens, titles, and other administrative components of the process to make it as easy as possible.

So, if your car is gathering dust or parking tickets, put it to good use: donate it to CHV. In the end, you’ll have a tax deduction, CHV will have additional funds, and your car will have benefited us both.

To donate your vehicle, call 855-500-7433 or visit the CHV CARS webpage (<https://careasy.org/capitol-hill-village>).

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# It's Kayaking Season

The Capitol Hill Village kayaking group has their paddles ready for spring and summer on the Anacostia and Potomac Rivers.

**The first outing will be Thursday, May 7 from 1:00–3:00 p.m.,** leaving from nearby Bladensburg Waterfront Park. We paddle to the Kenilworth Aquatic Park and experience this beautiful, calm section of the Anacostia River. On other dates, we will leave from Fletcher's Boathouse in Georgetown, paddle north to Chain Bridge on this lovely section of the Potomac River near Great Falls National Park. Don't worry; no need for eskimo rolls on these tranquil sections of the rivers! [For the newbies, an eskimo roll is a maneuver to right a capsized kayak.]

Kayaking is more than a fun outdoor activity—it's a unique combination of physical exercise, mental relaxation, and connection with nature. Whether done on calm lakes, fast rivers, or open seas, kayaking offers a wide range of benefits that contribute to both physical and emotional well-being. If you enjoy being outdoors



on the river and in nature, these trips provide a wonderful and safe activity without having to leave the area.

One of the most obvious benefits of kayaking is its impact on physical fitness and building upper body strength. The repeated motion of paddling strengthens muscles in the arms, shoulders, back, and

core. It also engages the legs and improves balance and coordination. As a low-impact workout, kayaking is gentle on joints while still providing excellent cardiovascular exercise, helping to increase endurance and burn calories.

Beyond the physical advantages, kayaking also supports mental health. Spending time on the water can reduce stress, anxiety, and depression. The rhythmic motion of paddling, combined with the calming sounds of nature, promotes mindfulness and relaxation. Many of our participants describe feeling a sense of peace and clarity while kayaking as it promotes being “in the moment” and leaving daily worries behind. We will see many

turtles, waterfowl, osprey, and even eagles during the two-hour paddles.

Capitol Hill Village kayak trips are suitable for all levels of paddlers. Both tandem and single kayaks are available for rent. The trips will be announced in the on-line CHV calendar, or you can call the CHV office at 202-543-1778 for information.

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# Saying Good-bye to our Social Work Interns

## Grace Gu

When I first started working as an intern at Capitol Hill Village, I didn't know what to expect. I had never worked at a small non-profit organization or with a member population consisting exclusively of older adults, so there was a lot that I was unfamiliar with. However, over the months, I gradually learned more about topics that are important for our



members, such as navigating Medicare, staying safe and active, and planning for the future.

I am so grateful to the CHV staff, the Care Services Team, and my supervisor Lizzy Kosin for welcoming me with open arms, investing in my growth, and being there for me every step of the way. I also want to give a special shoutout to Emma, my fellow UMB intern, for the energy and sparkle that you bring to every room. You all made my practicum placement one that was filled with warmth, learning, and opportunity, and one that I looked forward to coming back to each and every day.

Likewise, I am truly honored to have worked with the members and volunteers of the Village, whether that be through individual meetings or group activities, and I have learned so much from this experience—the dangers of brick sidewalks, the importance of aging in place, and the strength that emerges when neighbors come together to help neighbors.

Thank you all for such a valuable year here, I was so fortunate to be able to work in community with all of you. No matter where I land next, I will always

▶ continued on page 11

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# The Ballad of the Poetry Group

Once every month, in a welcoming room,  
The second Wednesday of each monthly moon,  
There are no barriers to entry, no ballad to croon—  
Just voices gathered as language blooms.

You'll find us listed in the CHV Events Calendar,  
A standing invitation—no need to be a scholar.

Capitol Hill Village poetry fans arrive  
With zero (or perhaps a little) fear.  
Fear not!

It's just to share a poem and lend an ear.

Founded in February 2018  
By Janet and her late husband Stan,  
The circle lives and seeks to widen its way  
In every word you—or I—or they bring on this day.

Some bring Rossetti, or Nikki in spring,  
Some newer poets with sharper wings;  
Some bring verses from far away,  
Translated light from another day.

Joanna leans into the rhythm poems keep,  
And shares "Ape," from the Polish—at once strange  
and deep,  
A startlingly relevant mirror to now,  
Where many old lines meet the present somehow.

There will be winter poems, crisp and spare,  
Autumn's rustle, scorched summer air;  
Lines that stir and lines that soothe,  
Old beloveds and something new.

And all are welcome—come as you are,  
No need for polish, none too far.  
Bring a favorite, or simply hear  
A voice, a verse, a presence here.

As Kathleen notes,  
if not bliss, then perchance to bless:  
They ease the pulse, they quiet stress.  
What healers now begin to see,  
poetry has long known quietly.

It helps us with the daily spill,  
"The soup boiling over," and yet still,  
With "rocks in my garden," hard and real,  
Poems help us name, endure, and heal.

No expert's badge, no perfect reply—  
Just open minds and time to try.  
To listen well, to speak a line or three,  
To sit together is reason enough, as we know from  
experience—

To gather and tease out meaning  
Through thoughtful and challenging poetry.

So come for the poem, the pause, the pleasure,  
The conversation no clock can measure.  
Well, I took poetic license—it's two hours in the afternoon.  
Bring a favorite, or simply attend—  
And leave, perhaps, with a new "old" friend:

A person, or a piece of poetry—  
Or both, if you crave symmetry.

\* \* \* \* \*

Liz Festa was inspired to write this ballad after she joined a meeting of the CHV Poetry Group. She used ChatGPT to "smooth things over." Join the Poetry Group, led by Janet Reedy, at 2:30 p.m. on the second Wednesday of every month. Sign up in the CHV on-line calendar at <https://capitolhill.helpfulvillage.com/events/14037> to get the location.

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## Saying Good-bye to our Social Work Interns *continued from page 10*

treasure the time and wisdom that was gifted to me by my time here.

### Emma Radich

I cannot begin to describe how thankful I feel to have spent this year at Capitol Hill Village. Each member I was fortunate enough to work with truly enhanced my experience with their passion for this community. To the members: you made this internship what it was for me—a place of

learning, joy, and opportunity. For this, I can't thank you enough.

Shout out to the Dream Team—the Care Services staff, who made my CHV experience such a success. Lizzy Kosin, my supervisor, provided me with unwavering support, even (especially) when I felt lost. Alex Smith offered moments of levity and



invaluable guidance anytime we were in the field together. And Grace Gu, my fellow UMB intern, always exemplifies creativity and collaboration.

Finally, I'd like to thank the rest of the CHV staff, who together have created a positive and friendly environment that made me excited to come into work every day. Each of you are invaluable to making CHV's mission a reality. Thank you all for such an incredible year!

# Treat Yourself to a Day at the Ball Park

Join Capitol Hill Village on **Thursday May 21** for a fun afternoon at Nationals Park as we celebrate Older Americans Month with other DC Villages.

**We will be part of a larger group of older adults, caregivers, families, and aging services organizations from across the region coming together for a day of connection and community.** The Nats will face the New York Mets in a 4:05 p.m. start, and ticket holders can also check out a pre-game Resource Fair from 2:45 to 4:05 p.m. hosted by the DC Senior Resource Group.

We've reserved a block of tickets so CHV members and volunteers can sit together (in the shade) in Section 109, right near the other Villages. Tickets are \$44 each; we never want cost to be a barrier so please reach out if you need support to cover the cost of your ticket.



This is a “proof of concept” event, which means that if enough tickets are sold, the Nationals may turn this into an official annual celebration. It's a great chance to enjoy a game while also supporting something that could grow into a lasting tradition.

Whether you're a lifelong baseball fan or just in it for the ballpark hot dogs, this is a great opportunity to get out, meet others, and be part of

something special. **We can also help coordinate transportation to and from the game.**

If you're interested in joining us, register and purchase tickets in the CHV on-line calendar: <https://capitolhill.helpfulvillage.com/events/14427-baseball!-nats-vs-the-mets>

We'd love to have you there!



## Rosen Salon

Dr. Bob Rosen (in blue shirt), world-renowned author and psychologist, focused on the third trimester of life and shared ideas about ditching baggage to age gracefully by feeling free and fulfilled. After the discussion, participants enjoyed brunch hosted by Susan and Joel Sarfati, and departed with a copy of Dr. Rosen's latest book, *Detach*.

## Brauchli Salon

Marcus Brauchli (at right), is well poised to think about the state of our media—with decades of experience as a foreign correspondent and editor with *The Wall Street Journal* and Executive Editor of *The Washington Post*. Hosted by Barbara Fox and Jon Saxton, guests shared dinner and discussion of how *The Post* might return to its singular place in American journalism.



## A Few Spots are Still Available!



**June 12: Amber Kerr.** Whether you own fine art or not, there's always something fascinating about the professional field of art conservation. Join us for dinner to get an overview of art conservation, general pointers on caring for your personal treasures, and how you can find a professional art conservator when needed. A few spots remain: <https://capitolhill.helpfulvillage.com/events/14447>.

# Black-eyed Pea Summer Salad was a Big Hit!

By Pamela Johnson, CHV Peer Health Outreach Specialist



One afternoon, I was standing in my kitchen trying to figure out what I could bring to a potluck party hosted by my real estate agent.

She was celebrating several home sales that year — including mine — and I wanted to contribute something meaningful. I didn't want to show up with anything storebought, but I also didn't have a plan.

So, I started gathering ingredients I already had in the fridge and cabinets, trusting my instincts. What came together was this Black-eyed Pea Summer Salad.

To my surprise, the dish was a hit. My agent, her friends, and her family loved it so much they immediately asked for the recipe. That made me realize that sometimes the best dishes come from creativity, intuition, and a little bit of love in the kitchen.

**What Inspires Me About This Recipe?** This salad reminds me that simple ingredients can come together to create something refreshing, colorful, and full of flavor. It's a dish that brings people together — perfect for

summer gatherings, potlucks, or any moment when you want to share something homemade and heartfelt.

I'm Sharing It with the Village because it represents resourcefulness, joy, and connection. It's easy to make, nutritious, and always a crowdpleaser. I hope it inspires others to try something new in their own kitchens.



## Black-eyed Pea Summer Salad

Serves 5–6 (easy to halve or double)

Ingredients:

- 2 cans black-eyed peas, drained and rinsed
- 1 cup diced tomato
- 1 cup diced cucumber
- 1 cup diced bell pepper (any color)
- ½ cup diced red onion

- ¼ cup chopped fresh parsley or cilantro
- ¼ cup olive oil
- 2–3 T. apple cider vinegar or lemon juice
- Salt and pepper to taste
- Optional: diced avocado, corn, or feta cheese

In a large bowl, combine black-eyed peas, tomato, cucumber, bell pepper, and red onion. Add parsley or cilantro and gently toss.

In a small bowl, whisk together olive oil, vinegar or lemon juice, salt, and pepper. Pour dressing over the salad and mix until everything is evenly coated. Chill for at least 30 minutes to let the flavors blend. Serve cold and enjoy.

## Share Your Recipe

We invite CHV members and volunteers to share a recipe favorite for publishing in the CHV News—send to [karenstuck@comcast.net](mailto:karenstuck@comcast.net). Tell us why you like it, or why it's meaningful to you or inspires you. As a reminder, the CHV News Offices do not have a test kitchen, so we rely on the submitter for accuracy!

## Registering for CHV Events

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

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

CHV uses Zoom for virtual events. You can access these with a smartphone, tablet, or computer. Please contact the CHV office if you have questions about connecting.

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

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

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# May Events

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Monday, May 4, 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.*

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Tuesday, May 5, 7:00–8:00 p.m.

## Virtual Event: Village Voices with former U.S. Ambassador to Nigeria John Campbell and Consul General Robyn Hinson-Jones

Ambassador Campbell and Consul General Robyn Hinson-Jones served in Nigeria, and they will introduce the population profile, the tensions that go with it, and the current involvement of the United States in the country. See story on page 7.

*Open to all.*

---

Wednesday, May 6, 3:30–4:30 p.m.

## Virtual Event: What We're Hearing

On May 6th, we will focus on the topic of How to Talk to Someone with a Hearing Limitation. The session will begin with a discussion of approaches to talking to someone with a hearing limitation. Then, several CHV members will discuss the methods they find most useful based on their lived experience. The session will end with 30 minutes of questions and answers from attendees.



*Open to all.*

---

Wednesday, May 6, 5:00–6:30 p.m.

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

## Defending Democracy

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

*Members and volunteers.*

---

Friday, May 8, 10:30 a.m.–2:00 p.m. **New Group!**

Natural History Museum, 1000 Madison Street NW

## Museum Muse & Mingle—Bison: Standing Strong

Meet at the Museum at 10:30 am in the Main Entrance by the Elephant in the Rotunda. Then as a group we can go to the 2nd Floor for opening day of the "Bison: Standing Strong" exhibit to enjoy programming and then lunch in the Café at the museum around 1pm, if people are interested. Read more and register [HERE](#).



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Friday, May 8, 9:00–11:00 a.m.

Your Home

## Goodwill Pick-up

**NOTE: Signup deadline is 12:00 Noon, Wednesday, May 6**

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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## May Events *continued from page 14*

Friday, May 8, 2:00 p.m.  
Capitol Hill Towers Community Room, 900 G Street NE

### Information on DC Primary Election

Presentations on ranked-choice voting, which will be used in the June 16 DC Primary Election. See story on page 1. You can register [HERE](#).

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Friday, May 8, 1:30–3:00 p.m.  
Register for location.

### CHV Community Drum Circle

Drum your way to connectedness and joy! Join us every other week 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! Register [HERE](#).

*Open to all.*

---

Monday, May 11, 7:00–8:00 p.m.  
Capitol Hill Presbyterian Church, 201 Fourth St. SE

### Ranked Choice Voting Information Session

Capitol Hill Village and ANC6B are partnering with the DC Board of Elections in an information session about ranked choice voting, which will be used in the upcoming DC Primary election on June 16. See story on page 1. Register [here](#).

*Open to all.*

---

Tuesday, May 12, 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, May 12, 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.



*Open to all. Registration required.*

---

Wednesday, May 13, 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. Be sure to read the

*Members and volunteers.*

---

Wednesday, May 13, 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, May 14, 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

► continued on page 16

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# May Events *continued from page 15*

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Thursday, May 14, 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, May 14, 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, May 14, 3:00–4:00 pm.  
Private Home

## History and Biography Group

At our May meeting we discuss *Taking Manhattan: The Extraordinary Events That Created New York and Shaped America* by Russell Shorto. The author of *The Island at the Center of the World* offers up a thrilling narrative of how New York—that brash, bold, archetypal city—came to be.



*Open to all.*

---

Thursday, May 14, 4:30–6:00 p.m.  
The Residences at Eastern Market Library, 338 8th St. SE

## Cinephiles

Participants should view as many of the following films as possible, although list is subject to revision based on film availability:

- Calle Malaga - Apple TV
- **Mini-Scorsese Fest:**  
After Hours – IMDB;

Shutter Island – Kanopy;  
Age of Innocence - Netflix  
Bring a dish to share or a beverage (soft drink or wine).

*Members only. Registration required.*

---

Friday, May 15, 1:30–3:00 p.m.  
Register for location

## CHV Community Drum Circle

Bring a drum or any other percussion instrument. No experience necessary, and all are welcome. See the May 8 entry for further info.

*Open to all.*

---

Saturday, May 16, 9:00 a.m.–12 Noon  
Your home

## Gardenpalooza

CHV volunteers are ready and willing to help you with some outdoor spring yard cleaning. Sign up here and let us know what type of work needs to be done (weeding, pruning, planting, etc.) and we'll match you with our team of green thumbs.

Members and volunteers: [Click the Purchase Tickets button](#), then select the option that applies to you (Member or Volunteer). The “tickets” are free, and just a way to sort who needs what.

If you have any questions or need help signing up, please contact the Village at [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org) or 202-543-1778.

*Members.*

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Saturday, May 16, 1:00 p.m.  
Ford's Theater, 511 Tenth St. NW

## CHV Theater Group

The CHV Theater Group will see a matinee performance of *1776* at 1:00 p.m. at Ford's Theater. Buy tickets at the Ford's Box Office or on TodayTix. Then, register in the CHV on-line calendar, and plan to join us for brunch or lunch at a nearby restaurant.

“This popular and award-winning American musical is an insightful, vibrant and humorous take on our founding father's determination to do the right thing for our fledgling nation. ... John Adams, Benjamin Franklin, and Thomas Jefferson argue for independence from the British monarchy, and the ensuing debate defines our country.”

*Members.*

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## May Events *continued from page 16*

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Monday, May 18, 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.*

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Monday, May 18, 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 May 4 entry for further info.

*Open to all.*

---

Tuesday, May 19, 4:30–6:00 pm.

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

### Village Literary Club

**Sign up by Monday, May 18.**

In May, the Village Literary Club will select the books for the 26/27 season.

*Members.*

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Tuesday, May 19, 6:00–7:15 p.m.

### Virtual Event: LGBTQ Social Hour

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

For more information, contact Sophia at [sross@capitolhillvillage.org](mailto:sross@capitolhillvillage.org) or call 202-543-1778 x204.

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Wednesday, May 20, 5:00–6:30 p.m.

The Lockwood Conservatory, 1339 E St. SE

### Defending Democracy Group

See the May 6 entry for more information.

*Members and volunteers.*

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Thursday, May 21, 10:30 a.m.–2:30 p.m.

Meet on bench inside East Capitol St. entrance to U.S. Capitol grounds at 10:30 a.m.

### Outing to the Smithsonian American Art and Portrait Gallery—Walk, View, Eat

Meet on bench just inside the East Capitol St. entrance to U.S. Capitol grounds at 10:30 a.m. Walk approximately 1.5 miles to these museums at 8th and F Streets NW. Lunch at a restaurant in Penn Quarter.

When was the last time you visited the Smithsonian American Art Museum and National Portrait Gallery? Join a small group for a walk to these two beautiful linked buildings downtown.



There is no admission charge. Choose your own viewing agenda and go at your own pace. Along with amazing permanent collections there are many special exhibits (check the galleries' websites for current exhibits at American Art Museum and National Portrait Gallery). At 12:30 p.m. we'll meet in the center courtyard and move on to a nearby restaurant for lunch, then walk or Metro back to Capitol Hill, or you can resume your own gallery viewing.

*Open to all; please register [HERE](#).*

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Thursday, May 21, 1:30–3:00 p.m.

### Virtual Event: Social Justice Reading Group

Book to be determined.

*Open to all.*

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Thursday, May 21

National's Park

### Baseball and Resource Fair

Batter Up for Older Americans Month! Join Capitol Hill Village for a fun afternoon at Nationals Park as we celebrate Older Americans Month with other DC Villages. We'll be part of a larger group of older adults, caregivers, families, and aging



services organizations from across the region. Gametime is 4:05 p.m., and ticket holders can also check out a pre-game

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# May Events *continued from page 17*

## Baseball *continued*

Resource Fair from 2:45pm to 4:05pm hosted by the DC Senior Resource Group.

We've reserved a block of tickets for CHV members and volunteers in Section 109. Buy tickets at <https://capitolhill.helpfulvillage.com/events/14427-baseball!-nats-vs-the-mets>

Please let us know if you need transportation assistance to attend the game. We'd love to see you at the ballpark!

*Open to all.*

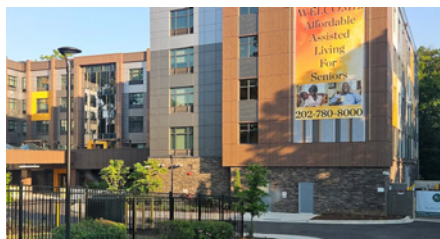
Monday May 25

## CHV Office closed for Memorial Day

Thursday, May 28, 1:00–2:00 p.m.  
1650 Kenilworth Ave. NE

## Tour the Residences at Kenilworth Park

The Residences at Kenilworth Park is an affordable Assisted Living Community that has been lovingly designed to serve the needs of District residents 60 years and older. The five-story building overlooks open land adjacent to the Kenilworth Aquatic Gardens.



Join fellow CHV members for a tour of The Residences at Kenilworth Park - Community Centered Assisted Living. When registering, please indicate if you need transportation to the event.

The Residences offer "state-of-the-art" private studio and one-bedroom apartments and spacious common areas. This is an affordable option for senior care through the Low-Income Housing Tax Credit program. If you are of low or moderate means and need assistance with personal care and daily tasks, they invite you to call to see if you qualify.

*Members.*

Thursday, May 28, 2:00–3:30 p.m.  
Capitol Hill Towers, 900 G St. NE, 4th floor Library

## Audio Book Club

See the May 14 entry for further info.  
*Open to all.*

Thursday, May 28, 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. See the May 14 entry for further info.

*Open to all.*



Thursday, May 28, 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.*

Thursday, May 28, 3:00–5:00 p.m.  
Northeast Library, 330 Seventh St. NE

## Plan to Thrive!

Join us for the second session of a new monthly program to help members create plans for aging. By joining our monthly Plan to Thrive sessions, we hope you move from "I should think about this someday" to "I have a plan." You do not need to join every session to benefit, but we encourage you to join as many as you can!

This session will be a facilitated discussion focused on building a robust support system and having important/difficult conversations.

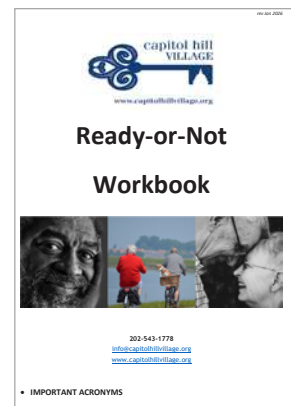
*Members.*

Thursday, May 28, 5:00–6:30 p.m.  
Private Home

## Village Opera Society

Check the on-line calendar for information on the topic.

*Members.*



► continued on page 19

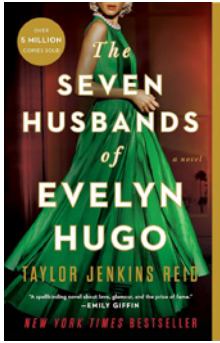
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# June & Ongoing Events *continued from page 18*

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Thursday, May 28, 7:00–8:00 p.m.

## Virtual Event: LGBT Intergenerational Book Club



The LGBT Intergenerational Book Club will meet and discuss *The Seven Husbands of Evelyn Hugo* by Taylor Jenkins Reid.

For more information, contact Sophia at [sross@capitolhillvillage.org](mailto:sross@capitolhillvillage.org) or 202-543-1778 x204.

*Open to all.*

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Friday, May 29, 1:30–3:00 p.m.

Private Home

## CHV Community Drum Circle

See the May 8 entry for further info.

*Open to all.*

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Sunday May 31, 2:00–4:00 p.m.

The Residences at Eastern Market, 777 C St. SE

## Genderson Memorial Fund Wine Reception

Join Capitol Hill Village in celebrating the legacy of Jon Genderson with a donation of any amount to the Jon Genderson Memorial Fund. Donors of \$150 per person or more are invited to join us for the afternoon wine reception.

Donations to the Genderson Fund currently support more than 70 older adults on Capitol Hill who face financial hardship and ensures that urgent health and safety needs they can't otherwise afford are covered.



Register in the CHV on-line calendar. Use the “Purchase Tickets” option if you plan to attend the reception (register by May 23), and use the “Donate for this Event” button if you don't. If you need help, or prefer to pay by check, please call 202-543-1778.

*Open to all.*

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Monday, June 1, 3:00–4:00 p.m.

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

See the May 4 entry for further info.

*Open to all.*

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Wednesday, June 3, 3:30–4:30 p.m.

## Virtual Event: What We're Hearing

Please join CHV's affinity group focused on hearing impairment, hearing loss, and deafness. This group is co-facilitated by Vira Sisolak (member) and Alex Smith (staff). Please contact Alex Smith with any questions or concerns: [asmith@capitolhillvillage.org](mailto:asmith@capitolhillvillage.org) or (202) 543-1778.

*Open to all.*

# Ongoing Events

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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.*

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Mondays, 10:00 a.m.–12 Noon

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

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

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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,

▶ continued on page 20

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## Ongoing Events *continued from page 19*

accompanied by commentary by the Tai Chi leader. At the end, there will be a run through of the final 26 postures for more experienced practitioners of Tai Chi. Beginners, contact Susan Ades at [susancades@gmail.com](mailto:susancades@gmail.com) and arrive at 10:45 a.m. to learn some Tai Chi basics.

*Open to all. Registration required.*

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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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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](mailto:pcromwell23@gmail.com)

*Members and volunteers. Registration required.*

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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.*

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

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

### Qigong

Qigong is a form of gentle exercise, suitable for any age or physical condition, that consists of flowing movement and breathing techniques.

It is designed to improve the function of internal organs, vascular systems, and muscular and joint health. In addition, the practice may enhance circulation and sleep and relieve stress.

*Open to all.*



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Tuesdays, 11:00 a.m.–12:00 noon

Capitol Hill Towers, 900 G St. NE

### CHT Grief Support Group

Have you experienced a loss? Are you having difficulty coping with feelings of grief? You are not alone. Capitol Hill Village invites you to join our Grief Support Group which meets Tuesdays, noon to 1:00 p.m.; at this time, the group is for Capitol Hill Towers residents only.

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

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Tuesdays, 2:00–3:00 p.m.

### Virtual Event: Antiracism Reading Pod

Please contact the CHV office at [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org) to be added to the group or for information on starting your own group.

*Members and volunteers.*

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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.*

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## Ongoing Events *continued from page 20*

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Wednesdays, 12:30–2:00 p.m.

Capitol Hill Arts Workshop, 545 Seventh St. SE

### Second Wind Chorus



Second Wind is a community chorus that has enjoyed making music together for over a decade on Capitol Hill. Members have varied backgrounds in music and welcome anyone who loves to sing and wishes to join the chorus.

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

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Wednesdays, 2:00–4:00 p.m.

Various Locations (see 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. *Don't miss the page 4 "Mah-ssage" article.*

We meet weekly in alternating locations:

- May 6, Labyrinth Games & Puzzles, 645 Pennsylvania Ave. SE;
- May 13, Tunnickliff's, 222 Seventh St. SE;
- May 20, Labyrinth;
- May 27, Mr. Henry's, 601 Pennsylvania Ave. SE.;
- June 3, Labyrinth.

Contact CHV at [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org) to sign up.

Fridays, 11:30 a.m.–1:00 p.m.

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

### Women's Conversations and Connection Group

This is an opportunity to meet with CHV members and volunteers to make connections and friendships. It is open to all women, and when you arrive at the Residences, let the concierge know you are with Capitol Hill Village and going to the 6th floor meeting with CHV member Jeety Kang.

Registration is encouraged, but please attend whenever it works with your schedule. A light snack is provided.

*Members and volunteers.*

## Registering for CHV Events

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

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

CHV uses Zoom for virtual events. You can access these with a smartphone, tablet, or computer. Please contact the CHV office if you have questions about connecting.

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

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

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2026 JON GENDERSON MEMORIAL FUND

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# Wine Reception



**Sunday, May 31, 2026  
2:00–4:00 p.m.**

The Residences at Eastern Market,  
777 C Street, SE, WDC 20003

**Please RSVP by Friday, May 22, 2026**



Capitol Hill Village  
1355 E Street SE  
Washington, DC 20003