



VILLAGE NEWS



Capitol Hill Village Urban Walkers (above) have been seeing the city while getting in their exercise. In June, they viewed some of the wall murals along H Street. Barbara Fox, left, and Bobbie Brinegar are the affinity group leaders.



Plan to Thrive Has Kicked Off!

The new, monthly Capitol Hill Village **Plan to Thrive** sessions have kicked off with two sessions so far.

Plan to Thrive is a monthly, in-person session facilitated by Director of Care Services Lizzy Kosin at the Northeast Library, 330 Seventh St. NE. Lizzy provides information about the planning tools available to CHV members and facilitates a discussion around an aging-in-place topic using questions and exercises from one of the



Lizzy Kosin

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FROM THE BOARD

Reflections on CHV

Editor's Note: as Capitol Hill Village gets ready to observe its 20th Anniversary, Angela Beckham reflects on her 12 years of service on the CHV Board.

I joined the Capitol Hill Village Board in 2012 when my then new employer, the National Capital Bank of Washington, encouraged me to join a local non-profit board. I chose CHV because I loved its mission of neighbors helping neighbors age in place.



Angela Beckham

As I leave the Board after two six-year terms (with a two-year gap in between), I'd like to share some reflections on my time with the Board and my enthusiasm for CHV's future.

Back in 2012, CHV was a thriving hive of mostly volunteer activity situated in a small English basement apartment on 7th Street SE. Our Executive Director also served as our social worker, and our second full-time staff member coordinated volunteer services from a small office at the Hill Center.

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Reflections on CHV

I served as Treasurer from 2013 to 2019. When I started, I was balancing the checkbooks and producing financial statements myself. Our bare-bones budget did not include the cost of a bookkeeper!

In my second run on the Board, I served on the Membership and Finance committees. Over the years, we had hired a professional bookkeeper and grew to a staff of seven including an Operations Manager and two Care Services Specialists.

Over time, the Village office moved from the English basement, to the Hill Center, to a Barracks Row office space, to our own little townhouse.

I have also seen the organization's good works recognized as CHV

received Ward 6 "Brickie" awards in 2021 and 2024, and I cheered as Judy won the Washington Women of Excellence award from the Mayor's Office in 2022 and the Community Achievement Award in 2026.

While I have seen a lot of changes at CHV over the last 14 years—changes in office, expansion of staff and services—the core of what CHV does remains unchanged.

I look forward to what CHV will continue to achieve long after my Board service ends. CHV will continue to reach out to neighbors, advocate for a livable walkable multigenerational Capitol Hill, and help seniors face the challenges of aging.

Capitol Hill's vibrant intergenerational community doesn't just happen on its own. It takes organizations such as schools, local businesses, religious organizations, and Capitol Hill Village to tie us together.

So, thanks to Judy and the CHV staff and my fellow Board members for their hard work both in day-to-day service and in thinking about our future needs as the aging population on Capitol Hill grows.

Join the CHV Team Walking to End Alzheimer's

This year, the Alzheimer's Association will host the annual Walk to End Alzheimer's—Washington, D.C. on Saturday, September 26, on the National Mall.

Capitol Hill Village is looking for members and volunteers who would like to join a team to walk and participate in this event together! If you are interested, please contact Lizzy Kosin, Director of Care Services, who will be the point of contact for the CHV team. (Phone: 202-907-9638; Email: lkosin@capitolhillvillage.org)

The walk on the Mall will be between one and two miles. This event brings together more than 2,500 participants from across the DMV and serves as the Alzheimer's Association's largest signature walk in the National Capital Area. The 2026 Walk to End Alzheimer's website can be found at https://act.alz.org/site/TR?fr_id=19513



Plan to Thrive Has Kicked Off!

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new planning tools: the *Ready or Not* workbook.

By joining the monthly sessions, we hope members will move from "I should think about this someday" to "I have a plan."

Members do not need to join every session to benefit, but we encourage you to join as many as you can.

In April, we focused on defining what "home," "thriving," and "aging in place" mean to members. In May, the focus was on social support networks and how to have meaningful, important, and often unsaid

conversations around our aging-in-place goals.

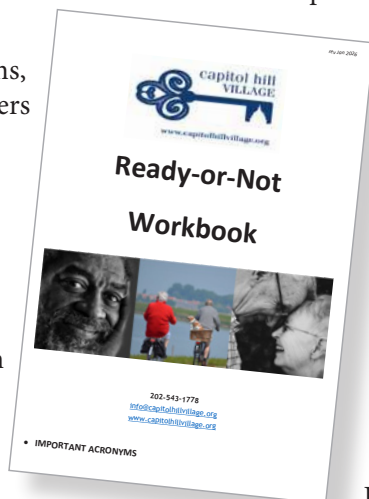
Upcoming Session Topics:

- **July 30:** Assessing your current home and future housing options
- **August 27:** Emergency planning

Future topics will include end of life planning, getting important documents in order, and how those documents work in practice.

The sessions are in Meeting Room 2 at the Northeast Library, accessible by elevator and stairs.

To learn more about what to expect in each session and to sign up ahead of time, find the next Plan to Thrive Session on the CHV on-line Helpful Village Calendar.



CAPITOL HILL VILLAGE

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 #55474



CHV #8066



Call Us: 202-543-1778

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

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<https://www.capitolhillvillage.org>

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Judy Berman, *Executive Director*

Maury Stern, *President of the Board*

Mary Bloodworth, *Director of Operations*

Veronica Ferris, *Volunteer and Administrative Coordinator*

Pamela Johnson, *Peer Health Outreach Specialist*

Lizzy Kosin, *Director of Care Services*

Sophia Ross, *Digital Media and Grant Program Strategist*

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FROM THE EXECUTIVE DIRECTOR

Intergenerational Connection and Support

I recently had the distinct honor of receiving a Capitol Hill Community Foundation Community Achievement Award. The entire experience was delightful—from the initial summons to stop by to see Nicky Cymrot, to the donor reception, to the interview with Stephanie Deutsch, to the photo shoot with Elizabeth Dranitzke/Photopia, to the Award event itself where I got to stand on the stage of the Folger Theater and look out at so many neighbors and friends. It was a lovely and memorable experience.

A big part of the experience for me was sharing it with the other awardees.

Phil Guire, who received the Steve Cymrot Spark Award, is well known to Villagers as a former chair of the Capitol Hill Village Board. In fact, he was the Chair who hired me and, I think it could be said, was a big part of the reason I was an awardee at all! **VanNessa Duckett**, educator



extraordinaire from Maury Elementary, founder of Polite Piggy's, an afterschool and summer program that has served

hundreds of local kids, is a new friend.

I am in awe of what the Capitol Hill Community Foundation accomplishes in the thoughtful way it goes about its work. In giving awards, they create synergies that would likely not have happened otherwise. It seems VanNessa and I were destined to meet, because *we share a vision of intergenerational connection and support.*

Intergenerational Connection

Research on intergenerational programs suggests that they have *significant benefits for everyone involved.* A paper published by professors at NYU's School of

Social Work reports that children and older adults who participate in intergenerational programming experience improved mental, physical, and cognitive health appropriate to their age and stage; a greater sense of belonging and connection with others of different ages; and reduced ageism and age discrimination among young and old alike. **It's part of a healthy life!**

Sadly, the United States boasts the most age-segregated culture in the world. Kids are expected to flee the nest as soon as they turn 18; workplaces for adults are typically child-free; elders are encouraged to move to 55+ and continuing-care facilities where everything is self-contained.

Villages are in some ways an antidote to age-segregation. Not only do we support older adults who want to remain in our naturally multi-generational neighborhood (which benefits everyone) but we offer various forms of structured intergenerational activities, like the LGBTQ Intergenerational Extravaganza.

Lunch Buddies

My meeting with VanNessa has shined a light on a new intergenerational opportunity from which both children and CHV members can benefit: Lunch Buddies.

If you have a little bit of time, a little bit of curiosity, and you like to eat lunch, consider spending 30 minutes once a week or once every other week having lunch with a Maury fourth grader who is eager for some one-on-one attention from a caring adult. *The concept is pretty simple:* Lunch buddies arrive at Maury for 4th grade lunch time (probably around 12:40 p.m.) on the day of your choice; eat lunch with your Buddy at a private table (they will have their lunch, and you'll bring yours); after 30 minutes, you'll send your

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Intergenerational Connection and Support *cont. from page 3*

buddy off to recess and go on about your day.

There is so much to love about this opportunity.

- **Minimal skills required.** You don't need to be a teacher or a parent or have a particular teachable skill. You just need to want to connect with a youngster. And, with thanks to Village member and long-time Maury volunteer Elizabeth Nelson, we'll even have a coaching session before the program starts to give you a tool kit of conversation prompts and low-stakes activities in case the conversation ever lags.
- **Minimal time required.** If you add up the time it takes to get to the school, eat and get home, it could take as little as an hour every two weeks (although you could do it every week if you prefer).
- **Mutually rewarding.** You get a dose of youthful energy every time you meet up, and the knowledge that you're probably making a kid's day, and the kids get undivided attention from a kind and interested adult,



someone who has stories to tell and experiences to share.

Sound interesting?

- We're hoping that one or more Capitol Hill Village members might be open to starting the Lunch Buddy program at the end of September. We'll schedule time in mid-September to visit the school, meet VanNessa and her co-teacher, Abby, and answer questions you may have about the program, the kids, or specific expectations.

- In the meantime, if you are interested, you may want to begin the background check process to become a DC Public Schools volunteer. It's supposed to take only 2–3 weeks, but can extend as long as 4–6 weeks, especially early in the school year, and glitches can cause further delays, so we encourage folks to get a head start.

So, if there's a possibility you would like to be a Lunch Buddy, please let me know so I can send you the necessary information.

Other Intergenerational opportunities

If you like this idea of working with fourth graders but don't think the lunch hour will work for you, or if you would like to engage with kids in a different way—for example, offering a fun small group activity in an after-school context or helping kids with their reading or math facts, please reach out to me so we can connect you. **Volunteers are always welcome in VanNessa's classroom and in her afterschool program.**

CHV Welcomes Veronica Ferris



Veronica Ferris

Veronica is our new volunteer and administrative coordinator. She will be responsible for volunteer outreach, new volunteer onboarding,

volunteer reporting, filling member requests, answering the phones, and other administrative tasks.

Veronica is a DC native. She has worked with older adults in the DC area as marketing and membership manager at At Home in Alexandria (Alexandria, VA's village) and as a

friendly visitor coordinator at Iona Senior Services. Prior to that, she worked in elementary school literacy programming, including during her AmeriCorps service.

Veronica also served in the Peace Corps in Namibia from 2015-2017 as a Community Economic Development volunteer. During her Peace Corps service, she supported operations for a solar nonprofit whose goal was to provide solar lamps to off-the-grid villages. Veronica holds a Master's degree in International Development from American University and a Bachelor's in Economics and

Environmental Science from the College of William and Mary.

In her free time, Veronica enjoys spending time with friends and family and being outside. She enjoys nature photography and seeing how many species of birds she can find on her walks. Her favorite local walking spots are along Four Mile Run in Arlington and at Huntley Meadows in Alexandria. She would love recommendations for local walks and hikes.

Veronica's email is vferris@capitolhillvillage.org. She looks forward to hearing from you and meeting you.

The Voices Schedule Is Set for the Fall

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

Monday, September 14. Howard Crystal, Promoting the Clean Energy Transition

Howard Crystal is a public interest lawyer who works on projects



promoting the clean energy transition. Current projects include litigating over FEMA's decision to re-build the

failing fossil fuel grid in Puerto Rico rather than promoting resilient renewable energy alternatives; challenging an effort by the world's largest private equity firm to take over a New Mexico utility; and fighting against the Tennessee Valley Authority's refusal to embrace renewable energy opportunities. He received his law degree from Georgetown University Law Center in 1993 and is an attorney at the Center for Biological Diversity.

Tuesday, October 13. Dr. Kevin Davies, Curved Air: A Biography of Sickle Cell Disease

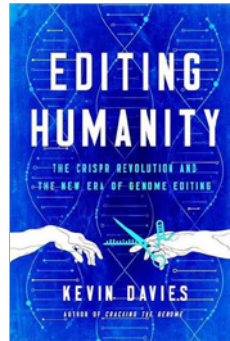
Dr. Kevin Davies is a British journal editor and author specializing in genomics. He is the founding editor of *Nature Genetics* and currently Executive Editor of *The CRISPR Journal*. He is the



author (or co-author) of six books, including *Cracking the Genome* and *Editing Humanity: The Crispr Revolution and the New Era of*

Genome Editing.

He will be discussing his newly published biography of sickle cell disease (SCD), entitled "Curved Air" (Harvard University Press). The book offers a sweeping history of SCD, the world's most famous genetic mutation, and explores the recent successes in treating the disease using gene therapy and CRISPR/DNA surgery, against a backdrop of systemic racism that continues to impact patient care more than a century after the disease was first documented.



Monday, November 2. Susan Punnett, Fostering Community: One Teen at a Time

Susan Punnett is the founder and executive director of the DC NGO



Family & Youth Initiative, which connects teens who are in foster care with adults with whom they form what become lasting

connections (some of which lead to teens being adopted). DCFYI and its volunteers stay connected with youth long after they "age out" of foster care (in DC, youth generally emancipate from care at 21). They are also working to create a new form of legal permanency (called SOUL) for DC youth in foster care ages 16 and older in collaboration with DC Child and Family Services Agency, Children's Law Center, and most importantly, individuals with the lived experience of being or having been in foster care.

Tuesday, December 8. Bonny Wolf, On All Things Food

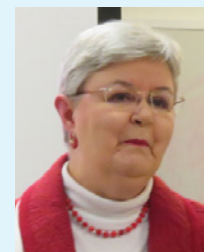
Journalist, cook, and commentator on all things food, Bonny will explain why festive feasts at holidays have come to feature certain foods and not others. Once, in a Valentine's Day essay, she wrote that nearly every food from artichoke to zucchini has been considered an aphrodisiac. So, in her commentary we may learn why there are no Peeps for Christmas!



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

About Village Voices

In 2015, **Trudy Peterson** created the Capitol Hill Village Voices program, and she and her colleagues have organized more than 100 events, which give members and



friends the opportunity to meet and learn from illustrious Capitol Hill neighbors in informal, free, public discussions about social, economic, and political topics. You can view past programs at this link: [CHV Youtube Channel](#).

If you have a suggestion for a Voices speaker, please let the CHV office know.

Making a Difference in People's Lives

*Remarks by Executive Director
Judy Berman at the Jon Genderson
Memorial Fund Reception*

I did some research in preparation for the Wine Reception and found that we have subsidized members who have been with us from the year we opened, the very beginning. So when you hear that 70 individuals each year have CHV memberships supported by the Genderson Fund, that's only part of the story.

Those individuals who joined us in 2007 or 2008, have had 18 or 19 years of subsidized membership. And when I looked at the number of individuals who benefited, and the number of years they benefited, it added up to over 770 years of CHV membership. 770 years. That is all made possible by the generosity of our donors.

Let me tell you a little bit about how the fund works, because membership

is just the "foot in the door" at CHV. If a subsidized member needs something for their health or safety that they can't afford, CHV is there.

Recently, a member who is visually impaired, with multiple disabilities, and relies on a motorized wheelchair for mobility was displaced from his home by flooding. Fortunately, he had renter's insurance which covered the cost of lodging at a hotel while he was out of his home. Unfortunately, there was a lot that renter's insurance didn't cover.

- the cost of food when he was away from his own kitchen
- the cost of transit as he got moved from one hotel to another
- the \$500 deposit one hotel required before he could access the room

The Genderson Fund helped with all these things. But of course, the

Village—his membership—helped in other ways too:

- helping arrange transportation in wheelchair accessible vehicles
- working with his health insurance provider to make sure he had access to personal care aides as he got moved around, including from DC to Maryland
- arranging for volunteers to bring him fresh, tasty homemade meals

The Genderson Fund allowed us to wrap around him like the village that we are and make sure this major upset in his life was, if not pleasant, at least manageable.

Life is filled with unexpected twists and turns. Having a Village makes a big difference. And having a fund like the Genderson Fund to make sure that every neighbor has access to the Village—that makes the biggest difference of all!



Learning Lessons from Jon Genderson



Remarks by Lori Genderson at the Jon Genderson Memorial Fund Reception

We are so grateful to be together today to celebrate Jon's life, his passions, and the many connections he fostered throughout our community.

If you look closely at the colorful invitation, you'll notice a bicycle with a basket full of wine bottles—two of Jon's great loves, although I certainly wouldn't recommend enjoying them at the same time! Both brought him tremendous happiness, and his love of wine inspired a lifelong spirit of curiosity, learning, and discovery.

One of Jon's most remarkable gifts was his ability to connect people with just the right bottle of wine, thoughtfully chosen to match their tastes and interests. He seemed to remember everyone's story—what they enjoyed drinking, what they were cooking for dinner, and countless other personal details. Jon had deep roots on Capitol Hill, and he generously shared his time, energy, and talents through service on numerous local boards and community organizations.

As we gather today, I invite you to think about what sparks your own passion and curiosity. At this stage of life, many of us have the opportunity to explore new interests, revisit old ones, and *discover unexpected sources of joy and fulfillment.*



For me, one of those joys is flower arranging. My neighbor and dear friend Gene and I love spending time together selecting colorful blooms and creating the arrangements you see here today. When I'm arranging flowers, I become completely immersed in the process and lose all track of time—a sure sign that I'm doing something I truly love.

Looking around this room, I'm reminded that **our community is filled with people who bring an extraordinary range of talents, interests, and life experiences.** Like Jon, each of us has something that excites us, inspires us, and gives meaning to our lives. And like Jon, each of us has gifts that can enrich the lives of others.

Perhaps one of the greatest lessons Jon leaves us is the importance of sharing those gifts—whether through a favorite hobby, a kind gesture, volunteer service, or simply taking the time to connect with another person.

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.

If you haven't yet given to the Genderson Fund, it's not too late. https://capitolhill.helpfulvillage.com/fundraising_campaigns/25-genderson-fund-

Communities grow stronger when we share our passions, our knowledge, and our care for one another.

Thank you for being here today, for honoring Jon's memory, and for being part of the vibrant and caring community he loved so much. May this afternoon inspire us all to continue pursuing what brings us joy and to share that joy generously with those around us.

News You Can Use...

Reimbursement Possible for Sidewalk Falls

Preventing falls outdoors requires a combination of environmental awareness and personal preparation.

The National Institute on Aging says:

- Start by checking your immediate surroundings for uneven pavement, cracks, and obstacles,
- always wear sturdy, low-heeled shoes with deep treads, and
- ensure your hands are kept free by using a cross-body bag or backpack.

However, if you get injured by falling on a city sidewalk, you may be able to get reimbursed for medical expenses and/or lost income. Within six months of your injury, you can file a claim with DC's Office of Risk Management. **Caution: Claims filed after six months will be routinely dismissed.**

If you need help filing a claim, contact CHV Member Dawn Nelson (dnelsondc@gmail.com).

A Pleasant Trip to the DMV

Everyone has stories about long lines at the DC Department of Motor Vehicles, but a member recently discovered a newer DMV office at 4525 Benning Road SE, only a few miles from Capitol



The DMV office at 4525 Benning Road SE on a recent mid-morning visit. Afternoons are said to be busier.

Hill locations—east on East Capitol Street and a right turn on Benning Rd.

It is more spacious than the M Street office, has a parking lot, and the member reported that there were almost no “customers” in the building in a mid-morning visit. “I did not even have time to sit down before I was called to the service window. I handed in my ID and the required form and was finished in about five minutes!” A guard suggested that afternoons are the busiest times in that office.

The standard driver license renewal cycle in DC is 8 years. But, once a resident turns age 70 and their driver license comes up for renewal, the applicant must submit a “Mature Driver Fitness to Drive Certification” completed by a physician for on-line renewal. Vision must be checked with

each renewal, or more frequently based on the recommendation of the eye examiner.

Go More Places with DC ConnectorCard

Getting around DC can be expensive, but the DC ConnectorCard Program, funded by the DC Department of Aging and Community Living, can help. The program provides DC residents age 60 and older with financial assistance for transportation expenses through a Visa-branded card that can be used for a variety of transportation options, including Metro, Metrobus, taxis, and rideshare services.

The ConnectorCard can help make it easier to get to medical appointments, grocery stores, social activities, and other destinations throughout the city. Assistance amounts vary based on income level, with some participants receiving up to \$100 per month.

If you would like to learn more about the program or need assistance with the application, contact Ashvita Vasireddy, CHV Community Mobility and Wellness Manager, at avasireddy@capitolhillvillage.org.



CHV Gala Salon: Conserving Art for the Ages

At a recent CHV Salon, hosted by CHV Board member Linda Pettie, guests learned what rigorous training art conservators need, what they do, and, surprisingly, how few of them there are. **Amber Kerr**, Smithsonian American Art Museum Head of Conservation and Senior Paintings Conservator, answered questions and offered suggestions to a group that included several first-time Salon event attendees. Amber's presentation was impressive and Linda's buffet dinner, complete with homemade rhubarb crisp, was delectable.



Women's Conversation and Connection Group

The Women's Conversation and Connection Group has created a supportive space for CHV women to get to know each other and share the ups, downs, and in-betweens of life on the Hill.

As one frequent participant said: "As I am aging, I am outliving people who have been close friends for 50 years. I joined the Women's group to make new friends. There are a number of extremely interesting women in the group, and I look forward to our discussions and getting to know them."

The group is open to CHV members and volunteers; some folks attend every session and others drop in when they can. Each get-together uses conversation starters around a theme spanning a variety of topics like decluttering, what's on your bucket



list, places you visited, conversations about relationships, and more.

Interested in joining? New participants are always welcome. The group meets every other Friday from 10:30 a.m.–12 Noon at The Residences at Eastern Market, 777 C St SE. Meet

in the lobby on C St. at 10:30 a.m. so everyone can take the elevator together to the 6th floor. Light refreshments or water, tea, and some savory and sweet snacks are served.

Upcoming dates: July 10, 24, and August 7, 21.

Passages

CHV member Betty Hageman, a pioneer in developing the field of early modern (16th and 17th Century) English women writers, passed away on May 8.



Elizabeth (Betty) Hageman

Betty spent most of her career as a professor of English at the University of New Hampshire, where she assembled a group of scholars to create an early modern literature program. A colleague remembered her "setting a great example about scholarly excellence and with a steel-edged wit." CHV member Sonia Conly noted she was a founding mother of the Society for the Study of Early Modern Women and Gender, and co-editor of the Oxford series, "Women Writers in English 1350–1850."

Betty had her retirement plan well in hand, and moved to Capitol Hill to be close to the Folger Shakespeare Library where she had spent many term breaks doing her scholarship. She was part of the CHV group that created Getting Your Papers in Order.

Betty loved cats. Her feline companions included Florimell, Belphoebe, and Mr. Knightly (definitely a literary theme!) She also had a passion for politics, and at one point had over 15 signs in her very small front yard supporting local candidates and issues.

* * *

From Sonia Conly, President: Society for the Study of Early Modern Women and Gender <https://ssemwg.org/>

Elizabeth (Betty) Hageman was a Founding Mother of SSEMW. Not only was she an early worker in the early women writers vineyard, she co-edited the Oxford series, "Women Writers in English 1350–1850" and

A Celebration of Betty's life and work will be on August 24 at 3:00 p.m. at the Folger Shakespeare Library, 201 E. Capitol St. NE. with a reception to follow.

Memorial contributions in Betty's name may be made to Capitol Hill Village and House of Ruth.

succeeded me as Chair of the Board of the Women Writers Project at Brown. Her own work on Katherine Phillips, her brilliant editing of difficult materials (best editor ever), her collegiality and good humor, have made her one of the "founding mothers" of the study of early women writers in English.

She was, as well, an editor of *The Other Voice* series. Truly she made a phenomenal contribution to our field.

Staying Ahead of the Scammers...

Federal Trade Commission impersonators, threats for missed jury duty, trying to access Medicare Information. The attempted scams never end.

Medicare Information

Someone you don't know calls, emails, or texts you offering free medical equipment or services. What should you do? **Hang up. Delete it.** Only you and your doctor should decide what care and services are right for you. Scammers want your Medicare information so they can bill Medicare for services you don't need—hospice, home health care, or durable medical equipment (like a brace or cane), etc.

Hospice scams are particularly harmful. If a scammer signs you up for hospice care without your knowledge, you could lose access to your regular Medicare benefits. **Remember: Never give out your Medicare Number and other personal information, and don't sign anything for free services — it's a scam.**

To help spot and prevent Medicare fraud and abuse:

- Compare the dates and services on your calendar with the Medicare statements you get to make sure you got each service listed and that all the details are correct.
- Protect your personal information and become familiar with [how Medicare uses it](#).
- Know [what a Medicare health or drug plan can and can't do](#) before you join. If you join a plan, it will let you know how your personal information will be used.

If you think you may have experienced fraud, call 1-800-MEDICARE (1-800-633-4227) or report it online at [Medicare.gov/fraud](#).

From the Federal Trade Commission

The Missed Jury Duty Scam

Did you get a call claiming you **missed jury duty and need to pay**? Followed by a text or email with official-looking documents saying there's a warrant out for your arrest? As alarming as these things sound, they're a scam designed to steal your money.

How do you know it's a scam?

- Real law enforcement will never text or email an arrest warrant.
- Even if the caller ID looks like it's coming from your local police department or the U.S. Marshall, real law enforcement officers won't call to say they will arrest you, and they won't threaten to arrest you if you hang up.
- Courts never demand payment over the phone. In fact, no government agency will.
- Only scammers will say that you can only pay with a payment app, cryptocurrency, gift cards, or a wire transfer service like Western Union or MoneyGram.

The FTC impersonator

Scammers lie and pretend to be a Federal Trade Commission employee to trick you into giving them money, access to your financial accounts, or your personal information. In a new twist, they falsely claim they're an FTC "agent" that can help you recover money you lost in a scam.

Here's how this FTC impersonator scam works:

- You get an unexpected message from a contact you don't know
- They say they're an FTC employee or "agent" (they're not) and they can help you "recover losses" (they can't) from a previous scam
- To "verify" their identity and gain your trust, they send you a photo of an employee ID and a badge (all fake)

Don't buy the story. A real FTC employee won't text you their photo ID to "verify their identity. It's really an FTC impersonator trying to get money or financial information from you

Scams are happening more frequently and chances are you will be targeted at some point. If you already paid a scammer, read [What To Do if You Were Scammed](#) to find out what to do next.

CHV Community Drum Circle



The CHV Community Drum Circle started earlier this year and has been meeting regularly — no experience required. In June, the Drum Circle performed with the Virginia Avenue Park Friends group at a celebration for the Park. This performance was extra special because it featured a player from a local professional Caribbean Steel Band.

The CHV Drum Circle meets bi-weekly and jams out on Friday from 10:30 a.m. to 12:30 p.m. The next Drum Circle is on July 10. No experience needed and any percussion instrument works. Drumming is good exercise for the heart, body, and soul! To learn more contact us at info@capitolhillvillage.org or 202-543-1778. Join the Drum Circle at the Hill Center this summer!

2026 CHV Pride Celebration

On June 24, Villagers and friends celebrated Pride together at Capitol Hill Towers.

Thank you to all who attended and to Robert Cooke (below left) who created a wonderful pride-themed flower arrangement. Thanks to the “HQ Bleu Band” for the music, and Ralph Jones with the Seabury Out and About Program for providing information about that program.

Many thanks to the Department of Aging and Community Living (DACL) that funds our LGBT+ programs.



July–August Events

Monday, June 29, 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.

Wednesday, July 1, 3:30–4:30 p.m.

Virtual Event: What We're Hearing

Do you experience hearing loss? Please join us at What We're Hearing, CHV's virtual 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 questions or concerns: asmith@capitolhillvillage.org or (202) 543-1778.



Open to all.

Wednesday, July 1, 5:00–6:30 p.m.

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

Defending Democracy Group



The CHV Defending Democracy Group aims to serve as a clearinghouse for information about upcoming events, provide points of contact for CHV members interested in other political

groups, brainstorm ways to support local initiatives, and, of course, provide a friendly and supportive group to help us get through the current unsettling events together.

Members and volunteers.

We're Taking August Off

- Village Voices
- CHV Happy Hour
- Second Wind
- CHV Grief Support
- CHV Theater Group
- CHV Village News Team

Note: Although the **CHV Theater Group** is taking August off, you can get information on its outings directly by email. PLEASE SIGN UP for the Village Talk Theater Group. It's easy: sign in to <https://capitolhill.helpfulvillage.com>. Under the Members tab, click on Village Talk, and then Interest Groups Catalog, and choose the Theater Group (or others that interest you as well).

Friday, July 3

CHV Office Closed for Fourth of July Holiday.

Join the CHV contingent in the Capitol Hill Community Parade on July 4!

March With Us!

Once again, Capitol Hill Village will join Capitol Hill's community Fourth of July Parade down Barracks Row ending at the Metro Plaza. CHV members and volunteers are invited to organize behind the CHV banner and display your red, white, and blue patriotic pride.



Meet under the overpass at 8th & I Streets SE at 9:30 a.m. July 4.



▶ continued on page 13

July Events *continued from page 11*

Monday, July 6, 10:00 a.m.–12:00 noon
Bladensburg
Waterfront Park, 4601
Annapolis Rd.

Kayaking

Kayak with CHV on this beautiful section of the Anacostia River from the Bladensburg Waterfront Park to the Kenilworth Aquatic Park. This is an easy round trip suitable for all levels of kayakers. The Park will supply kayaks, single or tandem; paddles; and life vests. Along the two-hour trip, we will see turtles, waterfowl, blue herons, and hawks as well as water lilies and other vegetation.



We meet at Bladensburg Waterfront Park at 10 a.m., kayak to Kenilworth Aquatic Garden and return by noon. The cost of a kayak rental is around \$30 for the day. Pre-reservation of a kayak is not required. Carpools can be formed.

Note: This event will be canceled in the case of inclement weather. Register in the CHV on-line calendar to get the latest information. Questions? Contact Deborah Hanlon, 202-344-7716.

Open to all.

Tuesday, July 7, 4:00-5:30 p.m.
As You Are, 500 Eighth St. SE

LGBT Member Meetup

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

As You Are will be open at 4:00 p.m. for the LGBT Member Group, but the kitchen team will not be in until 5:00 p.m.

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.

Wednesday, July 8, 10:30 a.m.-12:30 p.m.
Wilbur J. Cohen Federal Bldg., 330 Independence Ave. SW

Urban Walkers—New Deal Murals

The Wilbur J. Cohen Federal Building, originally the Social Security Board Building, exemplifies New Deal art and architecture at their best. It's the "Sistine Chapel of the New Deal," in the words of the founder of the Living New Deal, an organization dedicated to documenting and preserving the history and culture of the period. We will have lunch together following the tour. (Note: The tour is full.)

Wednesday, July 8, 2:30–4:30 p.m.
Private Home

Poetry Readers

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

Members and volunteers.

Thursday, July 9, 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.

Members only.



Myles Nienstadt

Thursday, July 9, 1:00–3:00 p.m. * **Summer Hours**
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.



► continued on page 14

July Events *continued from page 13*

Thursday, July 9, 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, July 9, 4:30–6:00 p.m.
 The Residences at Eastern Market Library, 338 Eighth St. SE

Cinephiles



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

- **The Wizard of the Kremlin** (Apple TV). A Russian filmmaker becomes an unlikely adviser to Vladimir Putin as he rises to power in the early 1990s.
- **Tuner** (Avalon). A talented piano tuner's meticulous skills lead him to discover an unexpected aptitude for cracking safes, turning his life upside down.
- **Disclosure Day** (Regal Gallery, Angelika popup, Alamo). A meteorologist and a cybersecurity expert find themselves at the center of a movement to expose the government's cover-up of extraterrestrial secrets. Directed by Spielberg.
- **Pressure** (AMC Georgetown, Regal Ballston). The fate of the free world hangs in the balance as Gen. Eisenhower and Capt. Stagg face an impossible choice — launch the D-Day invasion or risk losing World War II altogether.
- **Far from the Madding Crowd** (1967 version) (Amazon Prime, Google Play, Apple TV, free on YouTube). Based on Thomas Hardy's renowned novel, this British drama focuses on Bathsheba Everdene (Julie Christie), a beautiful young woman who inherits a picturesque farm from her uncle and is determined to run it herself.
- **Day of the Jackal** (Apple TV, Google Play, YouTube). An underground French paramilitary group is intent on eliminating President Charles de Gaulle (Adrien Cayla-Legrand), but when numerous attempts on his life fail, they resort to hiring the infamous hit man known as "The Jackal" (Edward Fox). Meanwhile, Lebel (Michel Lonsdale), a savvy Parisian police detective, begins to solve the mystery of the killer's identity.

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

Members only. Registration required.

Friday, July 10, 9:00–12:00 a.m.
 Your Home

Goodwill Pick-up

NOTE: Signup deadline is 12:00 Noon, Wednesday, July 8

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 ▶ continued on page 15

July Events *continued from page 14*

Goodwill Pick-up *continued*

- 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 Phonograph Records

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

Members only.

Friday, July 10, 10:30 a.m.–12:00 noon
The Residences at Eastern Market, 777 C St. SE; 6th floor

Women's Conversations and Connection Group

Note: We will now meet every other week from 10:30 a.m. to noon. See the story on page 9.

This is an opportunity to meet with CHV members and volunteers to make connections and friendships. It is open to all women. Meet in the lobby on C St. at 10:30 a.m. so everyone can take the elevator together to the 6th floor. Light refreshments or water, tea, and some savory and sweet snacks are served..

Registration is encouraged, but please attend whenever it works with your schedule.

Members and volunteers.

Friday, July 10, 10:30 a.m.–12:30 p.m.
Hill Center, 921 Pennsylvania Ave. SE

CHV Community Drum Circle

Drum your way to connectedness and joy! Join us every other week for an hour of cardio drumming. 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!

Bring a drum or any other percussion instrument. No experience necessary, and all are welcome. Meet at the outdoor ring on the west side of the Hill Center.

Open to all.



Monday, July 13, 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. See the June 29 entry for further info.

Open to all.

Tuesday, July 14, 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, July 14, 7:00–8:00 p.m.

Virtual Event: LGBT Intergenerational Book Club

The LGBT Intergenerational Book Club will meet and discuss *Bury Your Gays* (2024) by Chuck Tingle. Participants may research our selected book before the meeting to learn about content that may be triggering at: <https://www.meetnewbooks.com/>

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

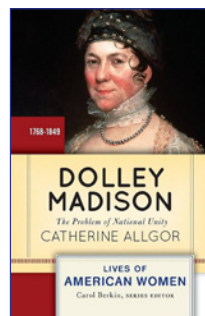
Open to all.



Thursday, July 16, 3:00–4:30 p.m.

Private Home

History & Biography Book Club



For our July meeting we will discuss the book *Dolley Madison: The Problem of National Unity* by Catherine Allgor. Please let me know if you have any questions. Happy summer. Dennis McGovern (202) 258-6675.

Members and volunteers.

▶ continued on page 16

July & August Events continued from page 15

Monday, July 20, 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, Tunnickliff's, to get to know each other better and relax over tavern fare and good conversation.

Members and volunteers.

Tuesday, July 21, 4:30–6:00 p.m.
The Residences at Eastern Market Library, 333 Eighth St. SE

Village Literary Club

In July, the Village Literary Club will read *The Return: Fathers, Sons and the Land In Between* (2016, 239 pp). From Good Reads: Hisham Matar was nineteen when his father was kidnapped and taken to prison in Libya. He would never see him again. Twenty-two years later, the fall of Gaddafi meant he was finally able to return to his homeland. In this moving memoir, the author takes us on an illuminating journey, both physical and psychological; a journey to find his father and rediscover his country. Non-fiction.

Members. Sign up by Monday, July 20.



Tuesday, July 21, 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 or call 202-543-1778 x204.

Wednesday, July 22, 5:00–6:30 p.m.
The Residences at Eastern Market, 777 C St. SE, 6th floor

Defending Democracy Group

See the July 1 entry for further info.

Members and volunteers.

Thursday, July 23, 1:00–3:00 p.m. ***Summer Hours**
Labyrinth, 645 Pennsylvania Ave. SE

Games and Puzzles

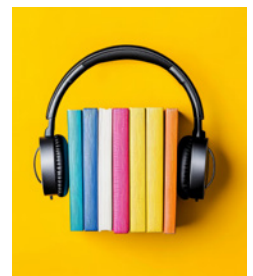
Join other CHV members and their friends for two hours of game-playing fun. See the July 1 entry for further info.

Open to all.

Thursday, July 23, 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, July 23, 3:00–4:00 p.m.
Virtual Event: Parkinson's Support Group

See the July 9 entry for further info.

Open to all.

Thursday, July 23, 5:00–6:30 p.m.
Private Home

Village Opera Society

Join fellow opera lovers for an evening of good conversation, delicious food (as long as you bring it), and conviviality. There may be a quiz or a different bit of entertainment. Bring food and drink to share.



▶ continued on page 17

August Events *continued from page 16*

Friday, July 24, 10:30 a.m.–12:00 noon
The Residences at Eastern Market, 777 C St. SE; 6th floor

Women's Conversations and Connection Group

See the July 10 entry for further info. **Note:** We will now meet every other week from 10:30 a.m. to noon. See the story on page 9.

Members and volunteers.

Friday, July 24, 10:30 a.m.–12:30 p.m.
Hill Center, 921 Pennsylvania Ave. SE

CHV Community Drum Circle

Bring any percussion instrument and meet at the outdoor ring on the west side of the Hill Center. See the July 10 entry for further info.

Open to all.



Monday, July 27, 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. See the June 29 entry for further info.

Open to all.

Thursday, July 30, 3:00–5:00 p.m.
Northeast Library, 330 Seventh St. NE

Plan to Thrive

In July we will discuss assessing your current home and future housing options.

This monthly program is intended 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 monthly program continues with a facilitated discussion on assessing your current home and future housing options. See story on page 1.

Members.

Plan To
Thrive

Wednesday, August 5, 3:30–4:30 p.m.

Virtual Event: What We're Hearing

Do you experience hearing loss? Please join us! See the July 10 entry for further info.

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

Open to all.



Wednesday, August 5, 5:00–6:30 p.m.

[Check CHV on-line calendar for location]

Defending Democracy Group

See the July 1 entry for further info.

Members and volunteers.

Thursday, August 6, 1:00–3:00 p.m. ***Summer Hours**
Labyrinth, 645 Pennsylvania Ave. SE

Games and Puzzles

Join other CHV members and their friends for two hours of game-playing fun. See the July 1 entry for further info.

Open to all.

Friday, August 7, 10:30 a.m.–12:00 noon
The Residences at Eastern Market, 777 C St. SE, 6th floor

Women's Conversations and Connection Group

See the July 10 entry for further info. **Note:** We will now meet every other week from 10:30 a.m. to noon. See the story on page 9.

Members and volunteers.

Friday, August 7, 10:30 a.m.–12:30 p.m.
Hill Center, 921 Pennsylvania Ave. SE

CHV Community Drum Circle

Bring any percussion instrument and meet at the outdoor ring on the west side of the Hill Center. See the July 10 entry for further info.

Open to all.



▶ continued on page 18

August Events *continued from page 17*

Monday, August 10, 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. See the June 29 entry for further info.

Open to all.

Tuesday, August 11, 3:00–4:00 p.m.

Virtual Event: Parkinson's Support Group

See the July 9 entry for further info.

Open to all.

Wednesday, August 12, 2:30–4:30 p.m.

Private Home

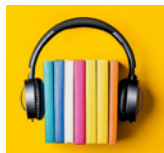
Poetry Readers

See the July 8 entry for further info.

Members and volunteers.

Thursday, August 13, 10:30 a.m.–11:30 a.m.

Capitol Hill Towers, 900 G St. NE



Tech Training with Myles

See the July 9 entry for further info.

Members only.

Thursday, August 13, 2:00–3:30 p.m.

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

Audio Book Club

See the July 9 entry for further info.

Open to all.

Thursday, August 13, 4:30–6:00 p.m.

The Residences at Eastern Market Library, 338 Eighth St. SE

Cinephiles

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

Members only. Registration required.

Friday, August 14, 9:00–11:00 a.m.

Your Home

Goodwill Pick-up

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

See the July 10 entry for further info. Please limit donations to no more than one 30-gallon trash bag.

Members only.



Monday, August 17, 10:00 a.m.–12:00 noon

Bladensburg Waterfront Park, 4601 Annapolis Rd.



Kayaking

Kayak with CHV on this beautiful section of the Anacostia River from the Bladensburg Waterfront Park to the Kenilworth Aquatic Park. See July 6 entry for further info.

Open to all. Questions? Contact Deborah Hanlon, 202-344-7716.

Monday, August 17, 1:00 p.m.

Tunnichliff's, 222 Seventh St. SE

Wyze Guyz



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

Members and volunteers.

► continued on page 19

August Events *continued from page 18*

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

Village Literary Club

In August, the Village Literary Club will read *Book and Dagger: How Scholars and Librarians Became the Unlikely Spies of World War II* by Elyse Graham (2025, 400 pp, pbk). This is the untold story of the academics who became OSS spies, invented modern spycraft, and helped turn the tide of the war Non-fiction.

Members. Sign up by Monday, August 17.



Tuesday, August 18, 6:00–7:15 p.m.

Virtual Event: LGBTQ Social Hour

See the July 21 entry for further info. For more information, contact Sophia at sross@capitolhillvillage.org or call 202-543-1778 x204.



Wednesday, August 19, 5:00–6:30 p.m.
[Check CHV on-line calendar for location]

Defending Democracy Group

See the July 1 entry for further info.
Members and volunteers.

Thursday, August 20, 1:00–3:00 p.m. ***Summer Hours**
Labyrinth, 645 Pennsylvania Ave. SE

Games and Puzzles

Join other CHV members and their friends for two hours of game-playing fun. See the July 1 entry for further info.
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.

Friday, August 21, 10:30 a.m.–12:00 noon
The Residences at Eastern Market, 777 C St. SE, 6th floor

Women's Conversations and Connection Group

See the July 10 entry for further info. **Note:** We will now meet every other week from 10:30 a.m. to noon. See the story on page 9.

Members and volunteers.

Friday, August 28, 10:30 a.m.–12:30 p.m.
Hill Center, 921 Pennsylvania Ave. SE

CHV Community Drum Circle

Bring any percussion instrument and meet at the outdoor ring on the west side of the Hill Center. See the July 10 entry for further info.



Open to all.

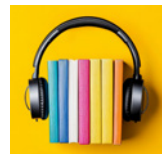
Monday, August 24, 3:00–4:00 p.m.

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. See the June 29 entry for further info.

Open to all.

TThursday, August 27, 2:00–3:30 p.m.
Capitol Hill Towers, 900 G St. NE, 4th floor Library



Audio Book Club

See the July 9 entry for further info.
Open to all.

Thursday, August 27, 3:00–5:00 p.m.
Northeast Library, 330 Seventh St. NE

Plan to Thrive

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 monthly program continues with a facilitated discussion on Emergency Planning. See story on page 1.

Members.

▶ continued on page 20

Plan To Thrive

August–September Events *continued from page 19*

Thursday, August 27, 3:00–4:00 p.m.

Virtual Event: Parkinson’s Support Group

See the July 9 entry for further info.

Open to all.

Thursday, August 27, 5:00–6:30 p.m.

Private Home

Village Opera Society

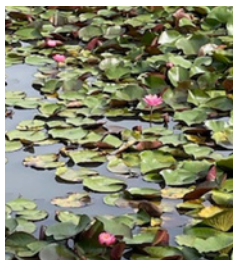
Check the CHV on-line calendar for information on this month’s program.

Monday, August 31, 10:00 a.m.–12:00 noon

Bladensburg Waterfront Park, 4601 Annapolis Rd.

Kayaking

Kayak with CHV on this beautiful section of the Anacostia River from the Bladensburg Waterfront Park to the Kenilworth Aquatic Park. See July 6 entry. Open to all. Questions? Contact Deborah Hanlon, 202-344-7716.



Wednesday, September 2, 3:30–4:30 p.m.

Virtual Event: What We’re Hearing

Do you experience hearing loss? Please join us! See the July 10 entry for further info. Contact Alex Smith with any questions: asmith@capitolhillvillage.org or 202-543-1778.

Open to all.

Thursday, Sept. 3, 1:00–3:00 p.m. ***Summer Hours**

Labyrinth, 645 Pennsylvania Ave. SE

Games and Puzzles

Join other CHV members and their friends for two hours of game-playing fun. See the July 1 entry for further info.

Open to all.

Friday, September 4, 10:30 a.m.–12:00 noon

The Residences at Eastern Market, 777 C St. SE, 6th floor

Women’s Conversations and Connection Group

See the July 10 entry for further info. **Note:** We will now meet every other week from 10:30 a.m. to noon. See the story on page 9.

Members and volunteers.

Saturday, September 5, 10:30 a.m.–1:00 p.m.

***May change the date to September 19**

U.S. Treasury, 1500 Pennsylvania Ave. NW

Urban Walkers: U.S. Treasury Building



This one-hour tour of the Treasury Building will include the Salmon Chase and Andrew Johnson Suites and the Cash Room.

This tour has limited spaces and strict requirements for visitors. Please consult the CHV on-line calendar to register and for up-to-date information on timing and on registration requirements.

Lunch at the Old Ebbitt Grill will follow.

Members.

Monday, September 7

Office closed for Labor Day holiday



► continued on page 21

Ongoing Events

Mondays, 9:30 a.m.

Meet at the plaza outside the Eastern Market North Hall

Easy Strollers

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

Open to all.



Mondays, 10:00 a.m.–12 Noon

Virtual Event: DC Center for LGBT Community—Coffee Hour

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

Mondays, 11:00 a.m.–12 Noon

The Residences at Eastern Market, 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.

Mondays, 10:00 a.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 at Eastern Market, 777 C St. SE, 6th Floor

Qigong

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



Open to all.

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Ongoing Events continued from page 21

Tuesdays, 11:00 a.m.–12:00 noon

***Note: July 14 is the last in-person session**

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. Our in-person grief support group will be holding its last session on July 14th.



Alex Smith

We will be starting a new virtual grief support group in September. Please keep an eye out for more details in the September newsletter.

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.



Patrick Hamilton

Wednesdays, 1:00–3:00 p.m. ***July 8 through August 12**

Virtual Event: Solo Aging

Capitol Hill Village is partnering with Corewood Care Aging Life Care Managers to present a six-week series on solo



aging. The series is guided by a workbook (provided) and videos to supplement learning materials. Participants are encouraged but not required to attend each session to gain the most from the program.



- July 8: Introduction to solo aging and what to expect from this series
- July 15: Your social networks and other social supports
- July 22: Healthcare decision-making and end of life choices
- July 29: Aging in place
- August 5: Alternative choices
- August 12: Summation of the overall program

Questions? Contact Lizzy Kosin at 202-543-1778, ext. 106, or lkosin@capitolhillvillage.org.

Also see previous articles in the [January 2026 CHV News](#) starting on page 8, and also in the [June 2026 CHV News](#), on page 3.

Members.

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. (See photo on page 23.)

For more information about Second Wind Chorus see: secondwindchorusdc.com.

Wednesday afternoons ***Check Summer time changes**
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

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Ongoing Events *continued from page 22*



Second Wind Chorus

Mahjong *continued*

chance. Join a group of members and volunteers who meet to play together.

We meet weekly in alternating locations:

- July 1, 1:00 at Mr. Henry's, 601 Pennsylvania Ave. SE.;
- July 8, 2:00 at Tunnickliff's, 222 Seventh St. SE;
- July 15, 1:00 at Labyrinth Games & Puzzles, 645 Pennsylvania Ave. SE;
- July 22, 2:00 at Mr. Henry's;
- July 29, 2:00 at The Residences at Eastern Market, 777 C St. SE;
- August 5, 1:00 at Labyrinth;
- August 12, 2:00 at Tunnickliff's;
- August 19, 1:00 at Labyrinth;
- August 26, 2:00 at Mr. Henry's;
- September 2, 2:00 at Labyrinth.

Contact CHV at info@capitolhillvillage.org to sign up.



Registering for CHV Events

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

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

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

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

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



Save the Date!

**GYMO! and a Vaccine Clinic
will be held on Thursday, October 15.**



Proud to be partnering with Grubb's Pharmacy.



Capitol Hill Village
1355 E Street SE
Washington, DC 20003