



VILLAGE NEWS



USA 250th birthday celebrations are going on all year, and Capitol Hill Villagers have been in on the fun. A CHV group marched in the Capitol Hill Village Fourth of July parade, alongside the CHV Seniors Defending Democracy group.

The nation's founders fended off a monarchy to establish a democracy, and the challenge continues as threats to democratic processes loom. CHV members are joining others actively working to keeping everyone informed about issues important to the Capitol Hill community.



FROM THE EXECUTIVE DIRECTOR

Declutter, Rearrange, Imagine the Future You Want



Judy Berman

I am one of those people who will decide to do some decluttering, and my first step will be to go to the Container Store to buy bins or other organizational tools to get prepared. I come back feeling like I've accomplished something, but let's call that what it is: procrastination.

Decluttering does not require buying more things that will end up in the clutter pile. No, the first step to decluttering is...

Who am I kidding? I don't have any useful tips about decluttering because I am surrounded by clutter that I have wanted to shed for years. I feel overwhelmed by clutter, so much so that it prevents me from doing anything about it. The only thing I can usefully say about clutter

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Don't Fall Down on Staying Safe

September is Falls Prevention Awareness Month, and a good time to take advantage of activities that will help prevent falls.

Although it may seem logical that moving less will mean falling less, the truth is not that straightforward. *Moving less is likely to cause muscle weakness, which will make you more prone to falling when you do move.* So, take advantage of these opportunities to get stronger, learn about helpful tools and strategies, and stay more active.

Screening and Resources Fair

The DC Falls Prevention Awareness Coalition will provide free screenings, activities, and resources for everyone on September 21–22 from 10 a.m. to 1:00 p.m. at the DC Department of

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Declutter, Rearrange, Imagine the Future You Want

is that it has a psychological weight that exceeds its material weight. And I'm carrying both around every day. Maybe you are, too.

I had the good fortune of spending two weeks this summer visiting family in northern California. For most of that time, I stayed in a newly remodeled studio apartment—so new that it wasn't quite finished. There were wires where lights will be, some unpainted built-ins, a slight odor of varnish. But it had beautiful natural light, a comfy bed, and a bouquet of flowers on the small dining table. It had a part-time dog who would visit but who I wasn't responsible for feeding or walking.

Best of all, it was entirely free of clutter. There were only essentials, and everything had a place. There were cabinets with room to put things away. I felt so calm, so relaxed. (It helped to be away from the military occupation in DC, but I digress.)

The experience reminded me that getting things in order takes work. For some of us, the work is heavy lifting, but the result is freedom—the ability to let go, to be present in the moment.

There's an important lesson in this for all of us as we age and it's not just about getting rid of things we no longer want to carry. It's about making room—and making plans—for what we do want and for what we might have to deal with. Because once we do that, we can let go and be present in the moment. Worry about the future is a kind of mental clutter that we would all be better off without.

Make a Plan to Thrive

Fortunately, Capitol Hill Village has a program to support your efforts to declutter, rearrange, find the right tools, and imagine the future that you

want. We call it Plan to Thrive, and we offer a monthly meeting where you can check in, connect with others, and get support for whichever piece of the process you're ready to undertake. Though it can be hard to put the work in and think about things that none of us really want to think about, once you do it, you will feel a weight lifted off your shoulders. (Your family will too, if you choose to tell them about it.) Planning for the future leaves you free to live now, with your most valued people, treasures, and activities front and center.

Procrastinators? We see you. Plan to Thrive is a drop-in program that runs year-round. Staff will support you in identifying accountability strategies. Monthly meetings can give you deadlines to work with. There are volunteers as well as professionals who can help with whichever piece you're stuck on.

Don't wait to unburden yourself — learn more about Plan to Thrive at one of our upcoming sessions:

About Plan to Thrive

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 on the last Thursday of the month from 3:00 to 5:00 p.m.

The first hour, from 3 to 4 p.m, is led by Lizzy as she shares information about the planning tools available to CHV members and how to use them.

The second hour, from 4 to 5, is for learning. We invite guest speakers on a range of planning topics including retirement, planning your legacy, digital archiving tools, and end-of-life choices.

Upcoming second hour topics:

- **September 24:** The basics of estate planning with guest speaker, **Sanju Mirsa**, Principal/Attorney & Counselor at Law

- **October 29:** This session session will be open to members and non-members. The topic will be announced soon.

The October 29 session will be open to members and non-members.

The first hour, 3pm–4pm, will be led by Lizzy as she shares information about Capitol Hill Village and the planning tools available to CHV members. CHV members are welcome to attend just hour two.

We encourage everyone—new members, prospective members, volunteers, donors, curious community members, and long-time members—to join us on October 29 to hear about current CHV services and programs and to learn more about legacy gifting.

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.

GYMO! is October 15 — Order swag now!

Capitol Hill Village's annual Get Your Move On! event and Vaccine Clinic are coming up Thursday, October 15th from 1–4 p.m.

(more details to come in the October CHV newsletter).

The time to order swag is now! We have shirts, sweatshirts, water bottles, and cross body bags all GYMO!-themed.

Order yours today at: <https://www.bonfire.com/store/capitol-hill-village-store/>



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 Us" or "Donate." 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.



Call Us: 202-543-1778

(Mon.–Fri., 9 a.m.–5 p.m.)

info@capitolhillvillage.org

<https://www.capitolhillvillage.org>

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

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Don't Fall Down on Staying Safe

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Above: Stay Active and Independent for Life (SAIL) offers in-person and virtual classes— see below.

Health, 899 North Capitol Street NE (three blocks north of Union Station).

What to expect: stations will be available for vision screening, blood pressure and pulse check, balance test, strength test, medication review, home safety activity, nutrition education, fall recovery, and exercises, and there will be a home modification demonstration.

- Attendees are advised to wear closed-toe athletic shoes (sneakers are ideal); comfortable, layered clothing that allows sleeve access for blood pressure readings; and bring a list of current medications and eyeglasses, if applicable.
- Plan to be there about 1.5 hours. Free grab bags, snacks, and more will be available.

Activities are free, but registration is recommended. To register and get more information, call 202-559-9856 or visit <https://sites.google.com/view/dcfpaw2026>.

Classes Offered

Safe at Home offers Matter of Balance and Stay Active and Independent for Life (SAIL) classes. They are evidence-based classes that focus on fall prevention in general, in the home

and outside. The SAIL classes are meant to be taken 2–3 times a week with the instructor. To sign up for classes, contact Home Care Partners for details on dates and times of classes at <https://www.youtube.com/watch?v=2UYpr5RMT5c>. Senior Wellness Centers also may offer both of the classes.

For those who want to take the classes online, go to <https://videos.riverview/relatedvideo?q=sail+class+exercises&mid=A311E457650929D3BA41A311E457650929D3BA41&churl=https://www.youtube.com/channel/UCONmut1XJ22SWICm0olH52g&FORM=VIRE>.

And if You Fall on a City Sidewalk...

If you get injured by falling on a city sidewalk, there is a way 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 Dawn Nelson at dnelsondc@gmail.com.

A Last Word: What's Next for Aging on the Hill

By Maury Stern



Maury Stern

This is my last column as CHV Board President, and I want to use it to look forward rather than back.

In the [Hill Rag piece](#) I wrote earlier this summer, I talked

about what CHV does and why it works: neighbors helping neighbors age in place, without having to leave the community they've spent decades building. That mission doesn't change. But there's a bigger question underneath it that I think about a lot, and that CHV needs to keep pressing on after my term is done: where will the next generation of Hill seniors actually live?

Capitol Hill Village helps our neighbors stay in the homes they already have. That's essential, but it's not the whole picture. Not everyone, in their later years, can or wants to stay in a rowhouse with stairs. For CHV's mission to mean something long-term, this neighborhood needs housing options for older adults who want to downsize without leaving the community, and right now those options are thin.

Opportunities at RFK

That's why I've been tracking the RFK Campus redevelopment closely—it's an issue our Advocacy Committee, under Chris Healey's leadership, has spent considerable time working on. The draft master plan released this summer calls for 5,000 to 6,500 housing units on the site, with senior living specifically named as part of the mix in the Kingman Park district. It's the most concrete opportunity this neighborhood has had in years to add real senior housing within reach of the Hill.

But a plan is not a building. Naming a use doesn't guarantee it gets built. Senior housing already runs on thinner margins than market-rate apartments, and it's usually the first thing developers cut when a project's numbers get tight.

There's a lot of talk about possible rent freezes or other aspects of rent control in the District. Although there are many benefits to governments regulating rental apartments, I worry that additional government input on rental housing will have an effect opposite to spurring new housing construction. New construction in DC is currently exempt from rent control, and that exemption is a big part of what makes projects like RFK's senior housing financeable at all. If that ever changes before RFK's units are financed, it directly threatens the very units the master plan promises, senior housing most of all.

I raise this not to take a side on rent control broadly, but because I don't want this community to celebrate a plan and then watch the housing it promised quietly disappear from reality. If CHV and its members care about older adults having real choices about where to live on or near the Hill, this is the moment to say so. The master plan's public comment period has closed, and the next opportunity for input will

apparently be engagement with the DC Council, which will make the final approval. As a reminder, comments matter more before a plan is adopted than they will after.

I've spent my time as Board President focused on what CHV can do directly for its members. I'll spend my time after this thinking about what it will take for the Hill to still be a place where people can grow old here in the way they choose. I hope the organization keeps pushing on that too.

I owe so much to my fellow Board members for all of their hard work, dedication, and commitment to the Village. My predecessors, Phil Guire, Bruce Brennan, and Tama Duffy Day, taught me so much about leading an organization and evergreening the organization. I leave the Board knowing that the organization is in very capable hands. Judy Berman's leadership since she joined the organization has been very forward thinking and creative while balancing so many external factors that impacted our city, the nation, and non-profits. **Ceci Albert** is the incoming Chair of the Board, and she brings a rigor and work ethic that I know will help set the organization up for the next 20 years and beyond.

Thank you all for the last several years. It has been a privilege.

Have you experienced a loss? Are you looking for a supportive grieving space?



You are not alone. Capitol Hill Village invites you to join our virtual Grief Support Group, which will meet on Zoom the fourth Wednesday of each month from 3:00 to 4:00 p.m.

The new program begins on September 23. Interested in joining? Please reach out to CHV staff member Alex Smith to complete a brief intake process: asmith@capitolhillvillage.org or (202) 803-6483. You are also welcome to contact Alex with questions, concerns, accommodation requests, or if you need assistance with joining a virtual group.

Village Voices Fall Program Starts this Month

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

Monday, September 14. Howard Crystal, Center for Biological Diversity.

Howard oversees the Energy Justice program's litigation promoting a clean energy transition, including fighting against both utility obstacles to distributed energy and centralized control of energy resources. He has spent his career in private and public-interest practice litigating environmental and wildlife protection, public health, safe energy, and open government cases. He received his law degree from Georgetown University in 1993 and a bachelor's degree from Northwestern University.

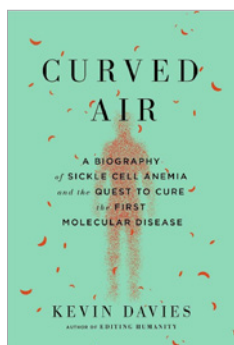
Tuesday, October 13. Dr. Kevin Davies, editor and author specializing in genomics.



Kevin is the founding editor of Nature Genetics, former Editor-in-Chief of Cell Press, and currently Executive Editor of *The CRISPR*

Journal and *GEN Biotechnology* (both published by Mary Ann Liebert, Inc.) He is the author (or co-author) of five books, including *Cracking the Genome* and *Editing Humanity: The Crispr Revolution* and the *New Era of Genome Editing* (Pegasus Books,

2020). He will discuss his book *Curved Air*, which explores the history of sickle cell disease from its 1904 origins to the modern breakthrough of CRISPR gene-editing therapy.



Monday, November 2. Susan Punnett, DC Family & Youth Initiative.

Susan Punnett is founder and executive director of the Initiative,



focusing on ensuring that older youth who are in foster care meet adults with whom they can form lasting connections (some result in adoption, but many do not). The group supports youth who have aged out of foster care (generally age 21 in DC), and is helping DC create a new form of legal permanency for youth

16 and older, a collaborative effort with the Children's Law Center, and, most importantly, with individuals who have lived in foster care.

Tuesday, December 8. Bonny Wolf, Food for Festivals.

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!

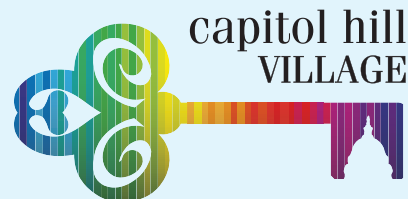
Village Voices programs are conducted on Zoom from 7:00–8:00 p.m. and open to the public. Details for accessing the programs will be provided when people register for the event at capitolhillvillage.org or at info@capitolhillvillage.org.

LGBT Inter-generational Extravaganza!

Join Capitol Hill Village for the 2026 LGBT Intergenerational Extravaganza on **Sunday, September 20 from 12:00 to 4:45 p.m. at the DC LGBTQ+ Community Center**, 1827 Wiltberger St. NW.

This event will focus on connecting, building relationships, and having fun with LGBT+ folks from other generations through discussions and activities.

Don't miss out on this exciting and free event—only 40 spots available. To register, contact Sophia at sross@capitolhillvillage.org or 202-543-1778. The event is Metro accessible at Shaw Howard Station.



Every Day is a Good Day

By Judy Berman,
CHV Executive Director

I've written before about the ordinary and unusual annual celebrations you can find on the National Day Calendar. For example, did you know that September 1 is *both* Ginger Cat Appreciation Day *AND* National Little Black Dress Day? I'd forgive you if you didn't! September 1 also marks the beginning of Sourdough Month *and* Classical Music Month. Time to bake some bread with your favorite sonata playing in the background! What are you waiting for??

These special months and days, like official holidays, can play an important role in our cultural life, and can bring awareness to otherwise neglected issues. Black History Month, for example, has grown in visibility and raised awareness of the incredible contributions of African Americans to science, arts, the economy, and more. And events like Breast Cancer Awareness Month (October) have made pink ribbons part of the cultural lexicon. Although they mostly act as a hook for interested parties to create events, raise money, share important information, or sell products, these specially designated days and months can also provide opportunities to learn and connect.

Take Grandparents Day, for example.

Established by a presidential proclamation from Jimmy Carter in 1978, Grandparents Day honors grandparents for their wisdom, guidance, and the vital role they play in family life. Scheduled for the first Sunday after Labor Day (September 13 this year), Grandparents Day was founded to encourage youth



Marian McQuade



to value elders. Marian McQuade, the primary advocate for Grandparents Day, wanted to educate youth about the importance of older adults and the contributions they've made throughout history. She was also deeply concerned about the isolation of older adults. She urged youth to "adopt" a grandparent — not just for a day but for a lifetime — and learn more about their lives, challenges, and desires for the future.

In other words, she used the name Grandparent to invoke the relationships—and potential relationships—between elders and youth more than to suggest that only older adults with grandchildren by blood or marriage were entitled to be celebrated. And that resonates very strongly with the work of CHV. We want to ensure that older people are fully integrated in our community in a meaningful way as contributors as well as people with needs and interests that merit support and attention. We don't want our members to have to leave our neighborhood to get their care needs met because we value them as friends, neighbors, and people who have a great deal to contribute. And the more

that young people recognize the value of elders, the more likely they will expect the world that they grow into to recognize that value as well.

Although many CHV members are grandparents or great-grandparents, by blood or marriage, many are not. *But even those who do not have grandkids of their own can take on the role of Elder with an opportunity to change the lives of younger people.* For example, a few years back, CHV offered a program for "Grandparents" on how to support LGBT+ grandchildren. Some took that information and showered it on neighbors and friends to make the world a better place for children and youth who may now or in the future identify as LGBT+.

Young people need a lot from us right now. Whether they're 5 or 25, they've experienced a world in which they're not adequately protected from gun violence or sexual predators; where planes are both vehicles and weapons; where people get kidnapped by government agents in masks; where someone's every mistake or awkward moment can become a viral media

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A New “Culture Club,” if You Want It

By Jill Lawrence

Are you tired of hearing, watching, and reading gloomy news? Zooming not working for you? Well, there is an option. Remember “FUN,” aka rest and relaxation?

Some of us went on vacation but others did not. Many of us struggle with nervous systems that are all twisty from not enough frivolity to balance the grumps and the jitters.

Autumn is coming and for anyone who wants a human-to-human contact based on shared love of certain cultural activities — in small groups and IN PERSON — the Capitol Hill Village Culture Club might be for you.

The idea is to help people connect for an event in an area of shared interest—like a comedy “tribe” or a folk music “tribe” etc.

Here are some examples:

- Dance — watch or do

- Music — Jazz, Blues, Rock, R&B, Classical, World, Folk, Country, etc.
- Comedy
- Museums
- Festivals
- Nature/Gardens
- Lectures
- Crafts

We would need interest from members so that a simple checklist can be provided to members to check off interest areas. The results could be put into a chart showing who likes which category of activities.

So instead of a broad invitation — “hey is anybody out there interested in [fill in the blank]” — it can be directed by any interested individual to only those who are potentially interested in going.

Anyone can initiate an invite to the small email list of members who join the Culture Club. It wouldn’t be big gangs of older adults — just

responses from a few people at a time enjoying some culture together and cross-pollinating with other members, which can turn into friendships with new people!

Do you need an outlet like this to get out of your same old, same old patterns? We may have one initial in-person brainstorming meeting. If you are interested, email jilltrades2@aol.com and put CULTURE CLUB in the subject line.

Support CHV with a Vehicle Donation

When you donate a vehicle through the Sylvia and Bill Peterson CHV Vehicle Donation Program, pick-up is free and your gift is tax-deductible.

Call 855-500-7433 or visit www.careasy.org/capitol-hill-village.

Every Day is a Good Day *cont. from page 6*

moment and haunt them indefinitely. As elders, we’ve experienced a different kind of government and politics, a world where school shootings were aberrations, where civics and civility were publicly valued (if not always practiced), where the law seemed to be increasingly aligned with racial and gender equity and justice.

And we need a lot from youth.

They can teach us about diversifying our friendship circles and accepting neurodiversity; about living outside gender and sexuality binaries; and what it feels like to know that climate change will affect their future choices. And they can help us understand how social media influences their daily lives and the impact it has on how they see themselves and their community. They’re living in a different world from the one we grew up in, and we owe it to them to try to understand the legacy we’re leaving behind.

This coming Grandparents Day, September 13, let’s all think about what our young people need from us and what we need from them and commit to finding a way to connect. There’s so much at stake for all of us.

If you’re looking for an opportunity to connect with a young person, consider becoming a Lunch Buddy at Maury Elementary. Call or email Judy Berman at 202-543-1778 or jberman@capitolhillvillage.org.

Show Up For National Grandparents Day September 13

Grandparents (and others) who have been defending democracy locally and nationally are gearing up for fall activities. [Grandparents for Decency in Democracy](http://GrandparentsforDecencyinDemocracy.org) (G4DD) is promoting National Grandparents Day to draw attention to the challenge and highlight strategies and tools for the work ahead.

The website suggests a variety of actions for September 13 and offers follow-up resources and specific activities for grandparents, parents, other caring adults, and children in the home and community.

Many of us are appalled by the fact that only 12% of Americans agree that Democracy is doing extremely or very well and 64% say American democracy is in danger of failing, and we are determined to start the work of restoring civic health in our communities and beyond. This isn’t a quick fix, and it can begin while other near-term priorities are also pursued. G4DD is a young initiative, which will flourish best with participation from diverse organizations and caring people.

For information, contact Mary Jo Deering at grannie@grandparents.cloud.

Second Wind Opens New Season

Capitol Hill Village's Second Wind chorus will resume rehearsals for its fall season on September 9. Singers of all abilities are invited to join.

Second Wind is known for its eclectic musical programs, which have included medieval chants, classic American pop tunes, and everything in between. This season's selections will reflect the theme "I Could Not Travel Both: Songs of Life and Choice," and will feature a musical setting of the Robert Frost poem "The Road Not Taken."

The small choir performs under the direction of Ben Hinkie, now in his second season with the group. Ben is a conductor with the DC chapter of the National Children's Chorus.



Second Wind rehearses on Wednesdays from 12:30 to 2:00 p.m. at the Capitol Hill Arts Workshop, 545 Seventh St. SE, and ends each season with a concert at CHAW. This season's performance will be on Saturday, December 12. There are no auditions to join the group; a membership fee is

assessed on a sliding scale. The chorus welcomes members of all vocal ranges, men and women, young and old.

Think about adding your voice to the music—the first rehearsal is free! For more information, see www.secondwindchorusdc.com or call Shirley Rosenfeld at 202-544-1646.

Oh, Those Pesky Mosquitos

By Gail Kohn

Were you part of the Capitol Hill Itty Bitty Mosquito Population Committee this summer? I was. We were mindful of removing standing water across our yards. Even a teaspoon of standing water can serve as a mosquito breeding site.

Mosquito season may be drawing to an end for this year, but there's still some time before the first frost, and you can always plan for next year.

Check this site for information about the program and suggestions for controlling mosquitos. <https://www.ittybittymosquitocommittee.org>

The most effective things you can do cost nothing:

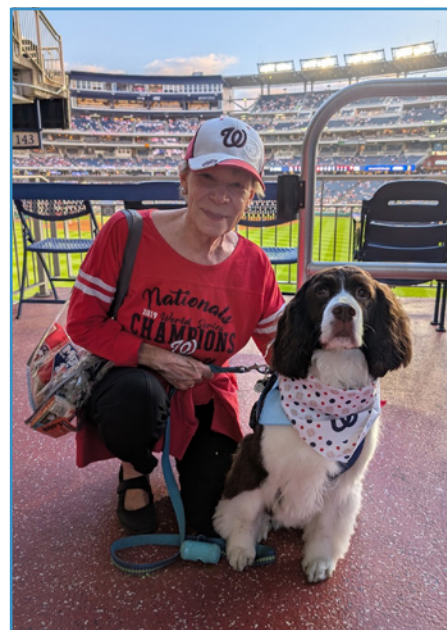
- **Once a week**, walk your yard and dump anything holding water. A bottle cap is enough to breed mosquitoes.
- **Bins.** Dump what collects after storms.
- **Yard toys.** Slides, kiddie pools, that one lonely rain boot.



- **Tarps and covers.** Shake them out. The folds hold water.
- **Planter saucers and empty pots.** Tip them, or ditch them.
- **Big-leafed plants.** Some leaves cup enough water to breed.

Researchers from the University of Maryland will count the mosquitoes in our neighborhood to find out whether our work made a difference. Right now, nobody can say yet whether the light mosquito season many of us experienced was our work, the January freeze, the dry summer, or all three.

What is learned from the research will shape the focus for the Itty Bitty Mosquito Population Committee next year. The outcome will affect what we recommend to the city, and what we can point to when we ask funders to back this work in more parts of DC.



CHV member Karen Zens says "I love to promote my dog," and she did just that by entering this snapshot of Lincoln in the Hill Rag annual pet photo contest. The result was second place in the "Hill Haunts" category.

See all of the pet photos in the [July 2026 Hill Rag](#).

Wrapping up the 2026 CHV Gala

The 2026 Gala Salon season is coming to a close with one remaining (Lew Simons on September 27). In July, former CHV Board member **Trish Thomson** gave guests a sobering assessment of the state of affairs in South Sudan, a country where she has done extensive development work and was once considered the world's celebrated "newest nation" before sliding into instability. Robyn Hinson-Jones was the host.



Save the Date!
March 13, 2027
Celebrate CHV's 20th Birthday at
the 2027 Gala at St. Mark's Church

Two recent Salon speakers were in the news this summer.



James Story, the top U.S. diplomat to Venezuela from 2018 to 2023, was interviewed by The Washington Post on the killing of the leader of the Venezuelan gang Tren de Aragua.

"Instead of doing what we used to do, which was work with partner agencies and build coalitions, and the local governments would be the ones to prosecute the operation, we are now the ones pulling the trigger," he said.



A Post story on the Silicon Valley start-up State Affairs, in which journalists will feed into an AI platform focusing on local news, quoted **Marcus Brauchli**, one of the investors. "This is an AI-powered intelligence platform. It's moated behind a deep reservoir of proprietary journalism and systems for delivering real-time information from state capitols where information is often hard to come by or opaque."

Say Thank You to Gala Donors

There is good eating on Capitol Hill, and these food establishments were important to the success of this year's Gala with their contributions of gift certificates. Consider patronizing them, and be sure to thank them for supporting CHV.

Sonoma	La Collina	Fine Sweet Shoppe
Pupatella	Ruta	Belga Café
Paraiso Taqueria	Queen Vic	Della Barba
Jimmy T's	The Roost	Ted's Bulletin
Union Meat Company at Eastern Market	Sanphan	Butterworth's
The Second Address	Bullfeathers	Sushi Hachi
Pacci's Tratoria	The Little Grand	Santa Rosa Taqueria
Talay Thai	Granville Moore's	Jab We Met
Sala Thai	Young Chow	Tortilla Café
Dubliner	Trattoria Alberto	Little Engine
	Barrel	Tratoria Alberto

Recipe Corner: Date Bars

Contributed by Veronica Ferris

This recipe is from a friend who is a volunteer and Board Member at At Home in Alexandria—Alexandria, VA's Village. This is a family recipe and her beloved aunt used to bake the date bars whenever someone in the family had a performance (plays, recitals, etc). Break a leg, and break into these tasty treats!

Ingredients

- 2 c. Sugar
- ½ c. hot water with 2 Tbsp melted butter
- 2 tsp baking powder
- 3 eggs beaten
- 2 tsp vanilla
- 2 c. flour
- 1 pkg (8 oz) pitted dates, cut into pieces (avoid packaged chopped



dates which are typically are coated in sugar)

Directions

1. Prepare ingredients: cut up dates, mix butter and hot water so butter can melt
2. Combine ingredients by hand or with mixer

Share a Favorite Recipe!

CHV members and volunteers are invited to share a favorite recipe for publishing in the CHV News—send to 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!

3. Pour into 9×13 baking pan, lined with parchment paper (or butter and flour)
4. Bake at 350 degrees for 50 min (test with a toothpick)
5. Sprinkle with confectioners' sugar when cool

Animal lovers: Learn to Spot and Avoid this Breed of Pet Scams

Scammers have been taking advantage of how much people love animals. They'll steal and manipulate pet images, videos, and even use AI-generated deepfakes to help them trick you into giving them your money or personal information. Fortunately, there are ways to help you detect and avoid these kinds of scams. [Click to read more about animal scams.](#)

* * * * *

Washington Post personal finance columnist Michelle Singletary wrote in her August 1 column about a woman who came very close to losing thousands of dollars when she was duped by a scammer telling her she needed to put nearly \$50,000 of her bank savings into an IRS "Safeguard Account." The scammer led her through steps to bypass her bank's security protocols.

Fortunately, there was a happy ending because she was able to stop the bank payment just in the nick of time. Read all about it at: <https://www.washingtonpost.com/business/2026/08/01/how-spot-imposter-scams/>.

Singletary has some advice for people who fall victim to an imposter scam:

- Contact your financial institution immediately using the phone number printed on a physical card or bank statement. You should be able to stop transactions.
- Freeze any compromised accounts; ask for new account numbers.
- Update your credentials for on-line banking, email, and primary accounts. Enable two-factor authentication.

If You Have Been Scammed:

Report scam crimes to the Federal Trade Commission at www.ReportFraud.ftc.gov and the FBI's Internet Crime Complaint at www.ic3.gov

- Don't answer calls you don't recognize.
- Freeze your credit file so scammers cannot open new credit cards or loans in your name.
- Monitor your credit history at www.AnnualCreditReport.com
- Call the AARP Fraud Watch Network helpline at 877-908-3360 or visit www.aarp.org/fraudhelpline.

September Events

Wednesday, September 2, 10:30–11:30 a.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.

Wednesday, September 2, 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, September 2, 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. **Robert White**, the Democratic candidate for our delegate to Congress, will speak about the new initiative he's driving called Defend DC.



Members and volunteers.

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

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.

Monday, September 7

Office Closed in Observance of Labor Day

Monday, September 7, 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 may see turtles, waterfowl, blue herons, and hawks as well as water lilies and other vegetation.

We plan to meet at Bladensburg Waterfront Park at 10 a.m., kayak to Kenilworth Aquatic Garden and return by noon. The cost of a 1-person kayak rental is \$33 for the day. You can reserve your own kayak or learn more at [PG Parks Rentals](#). Pre-reservation of a kayak is not required. Carpools can be formed.

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.



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September Events *continued from page 11*

Monday, September 7, 3:00–4:00 p.m.

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

This is a discussion group for men to talk about self-care, especially, but not exclusively, as it relates to caring for others, such as a loved one with an illness or disability.

According to AARP, 40 percent of the family caregivers in this country are men, and men often have a different experience with caregiving than women and may have a different relationship to the idea of self-care. This is a space for men to share their experiences and find support from other men.

This event is hosted by **Geoff Lewis** and facilitated by **Tim Rogers**, who is certified in Somatic Integrity and has years of experience in group work including as a volunteer for Dupont Circle Village.

Open to all.

Tuesday, September 8, 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, September 8, 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 click "Events" on 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, September 9, 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, September 10, 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, September 10, 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.

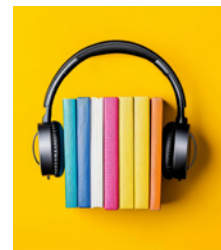
Thursday, September 10, 2:00–3:30 p.m.

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

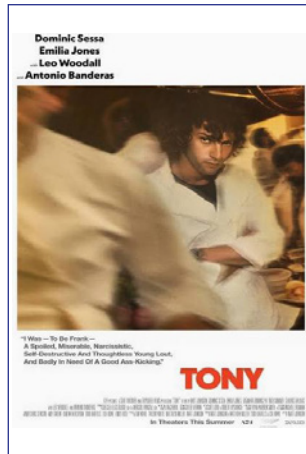


► continued on page 13

September Events *continued from page 12*

Thursday, September 10, 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.

In Theaters:

- **Brink of War:** President Reagan races against time to salvage a deal with Soviet leader Mikhail Gorbachev that could dismantle nuclear arsenals—or ignite disaster. Opening in theaters Friday, Aug. 14.
- **TONY:** When a writing fellowship falls through, 19-year-old Anthony Bourdain heads to Cape Cod to chase a college girl instead. What he finds is a dish pit, a hammock to sleep in, and the glorious madness of a Provincetown seafood kitchen. In several theaters now.
- **Young Washington:** Before he became the first president of the United States, young George Washington tests his honor, loyalty and courage by fighting in the French and Indian War. (Streaming

now but costs \$20; if you wait a few weeks, the price will probably come down.)

Oldies:

- **Close Encounters of a Third Kind** (1977): Science fiction adventure about a group of people who attempt to contact alien intelligence. (Apple TV and Prime)
- **Arrival** (2016): Linguist Louise Banks (Amy Adams) leads a team of investigators when gigantic spaceships touch down around the world. (Prime, Youtube, Google Play, Apple TV)

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

Members only. Registration required.

Friday, September 11, 9:00–11:00 a.m.

Your Home

Goodwill Pick-up

NOTE: Signup deadline is 12:00 Noon, Wed., Sept. 9



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 record albums

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

Members only.

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September Events *continued from page 13*

Saturday, September 12, 9:00 a.m.–12:00 p.m.

Your Home or CHV Office

Hazardous & Personal Shredding Waste Pick-up



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

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

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

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

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

If you need assistance, call the CHV office at 202-543-1778 or e-mail info@capitolhillvillage.org. When you register, please indicate what and how much you have to be picked up. Drop off items at the office by 12 noon Friday, September 11.

Members only.

Monday, September 14, 7:00–8:00 p.m.

Virtual Event: Village Voices—Howard Crystal, Center for Biological Diversity

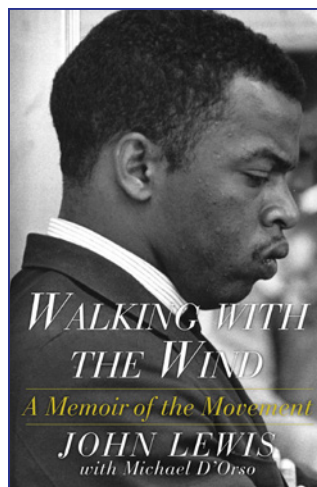


Crystal oversees the Energy Justice program's litigation promoting a clean energy transition. See story on page 5.

Open to all. [Register here.](#)

Tuesday, September 15, 4:30–6:00 p.m.

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



Village Literary Club

In September, the Village Literary Club will read *Walking With the Wind: A Memoir of the Movement* by John Lewis and Michael D'Orso (1998, 2025, 475 pages).

Members. Sign up by Monday, September 14.

Tuesday, September 15, 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 cross@capitolhillvillage.org or call 202-543-1778 x204.

Wednesday, September 16, 10:30 a.m.–11:30 a.m.

Hill Center, 921 Pennsylvania Ave. SE

CHV Community Drum Circle

Join us every other week for an hour of cardio drumming. See the Sep. 2 event for further info.

Meet at the outdoor ring on the west side of the Hill Center.

Open to all.



Wednesday, September 16, 4:00–6:00 p.m.

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

CHV Happy Hour

The CHV BYOB Happy Hour is open to members and their friends or invitees, as well as volunteers. 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.

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September Events *continued from page 14*

Wednesday, September 16, 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 a friendly and supportive group to help us get through the current unsettling events together, and more. See the September 2 listing for further info.

Members and volunteers.

Thursday, September 17, 3:00–4:30 p.m.
Private Home

History & Biography Book Club

At our September meeting, we will discuss Harry Truman. Participants should read a Truman biography of their choice.

Please let me know if you have any questions: **Dennis McGovern**: (202) 258-6675.



Thursday, September 17, 4:00–7:00 p.m.
Jeni's on Barracks Row, 526 Eighth St. SE

Ice Cream for a Good Cause

Capitol Hill Village is partnering with Jeni's on Barracks Row for a super sweet ice cream fundraiser: *25 percent of sales will go directly to CHV.* Come out for some ice cream and support a good cause—helping older adults thrive on Capitol Hill!



Learn more at 202-543-1778 or contact info@capitolhillvillage.org.

Friday, September 18, 10:30 a.m.–12:00 noon
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. See the September 4 listing for further info.

Members and volunteers.

Saturday, September 19, 10:30 a.m.–1:00 p.m.
***May change to November 7**

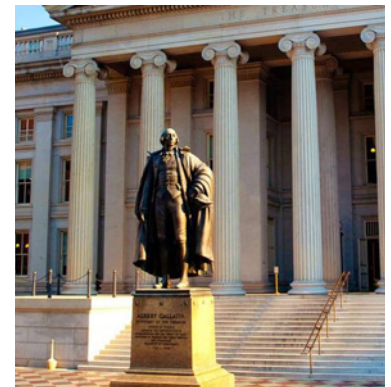
U.S. Treasury, 1500 Pennsylvania Ave. NW

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 21

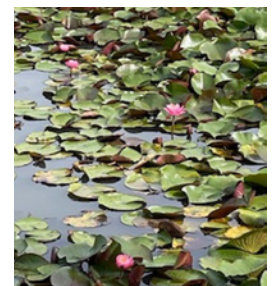
CHV Office closed for Yom Kippur

Monday, September 21, 10:00 a.m.–12:00 noon
Bladensburg Waterfront Park, 4601 Annapolis Rd.

Kayaking

We plan to 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 \$33 for the day. See the September 7 listing for further info. Questions? Contact **Deborah Hanlon**, 202-344-7716.

Open to all.



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September Events *continued from page 15*

Monday, September 21, 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.

Monday, September 21, 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 September 7 listing for further info.

Open to all.

Tuesday, September 22, 5:00–6:00 p.m.

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

DC Library Accessibility Center

Representatives from DC Public Library will share information about resources that the Center for Accessibility and Adult Learning Center at the MLK Library provide for older adults and those that are blind or low vision. They will also be able to sign up individuals for library cards and submit applications for those eligible for the National Library Service (NLS).



Open to all.

Options for Registering for CHV Events

- Click [here](#) to access Helpful Village or click "Events" on 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, September 23, 3:00–4:00 p.m.

Virtual Event: Grief Support Group

**Now Virtual on Fourth Wednesday*



This new support group will be open to any of our members who are experiencing grief, whether recent or ongoing. The intent of this group is to be a safe space to address the complexities of grief, where members can offer each other mutual support. Facilitated by our Care Services Specialist, Alex Smith, this space will focus on sharing, developing coping

skills, and learning to move through life as we tend to our experiences of grief.

If you are interested in joining, please contact Alex Smith, LICSW at asmith@capitolhillvillage.org or (202) 803-6483 to complete a brief intake process. You are also welcome to reach out with questions, concerns, or accommodation requests.

Open to all.

Wednesday, September 23, 5:30–6:30 p.m.

Virtual Event: Quarterly Volunteer Training

CHV's Director of Care Services and Village Connections program will lead training on CHV volunteer boundaries. During this training, we will discuss establishing and maintaining healthy boundaries, what to do when a boundary is crossed, and how to take care of yourself as a CHV volunteer.

Making a connection with a member can be an incredibly rewarding experience, and we celebrate volunteers and members forming those meaningful relationships. However, we also believe relationships are made stronger through well-maintained boundaries. Boundaries are what make volunteers different from friends or family. While it is important to be authentic and show compassion, it is also necessary to set appropriate boundaries. When you do not set such boundaries and you are emotionally and physically involved helping an older adult, your risk of burnout is great.

Village Connection volunteers are strongly encouraged to attend; however, the training is open to all CHV volunteers.

Volunteers only.

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September Events *continued from page 16*

Thursday, September 24, 10:00 a.m.–12:00 p.m.
Your Home or CHV Office

Hazardous Waste & Personal Shredding Pick-up

Hazardous materials and personal papers will be picked up from CHV members' homes for delivery to DC's safe disposal site. See the Sep. 12 event for further info.

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

Members only.

Thursday, September 24, 2:00–4:00 p.m.
Labyrinth, 645 Pennsylvania Ave. SE

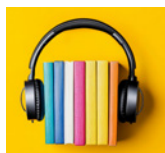
Games and Puzzles

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, September 24, 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, September 24, 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!

**Plan To
Thrive**

3:00 p.m.–3:45 p.m.: Introduction of CHV Planning Tools (Getting Your Papers in Order “GYPIO”, Ready or Not, and Solo Aging).

4:00 p.m.–5:00 p.m.: Facilitated discussion to share ideas and questions related to aging in place planning with a focus this month on completing important estate planning documents with guest speaker, **Sanju Misra**, Principal/Attorney & Counselor at Law.



Members.

Thursday, September 24, 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.

Sunday, September 27, 3:00 p.m.
Mosaic Theater, 1333 H St. NE

CHV Theater Group

Our first outing will be Somewhere Over the Border at Mosaic on Sunday Sept. 27 at 3:00 p.m. Buy your ticket on your own and join us! We will plan a post-performance supper at a nearby restaurant.



Wednesday, September 30, 10:30 a.m.–11:30 a.m.
Hill Center, 921 Pennsylvania Ave. SE

CHV Community Drum Circle



Join us every other week for an hour of cardio drumming. See the Sep. 2 event for further info.

Meet at the outdoor ring on the west side of the Hill Center.

Open to all.

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September–October Events *continued from page 17*

Wednesday, September 30, 2:00–3:00 p.m.
The Lockwood Conservatory, 1339 E St. SE

Death Café



A Death Café is a group-directed discussion of death with no agenda, objectives, or themes. It is a discussion group rather than a grief support session.

CHV's Director of Care Services, **Lizzy Kosin**, and Medicine at Homes' **Christine Gardella** (shown at left) will host. During this café, we will

create an accessible, respectful, and confidential space for folks to gather, drink tea, eat snacks, and discuss death.

Members and volunteers.

Wednesday, September 30 5:00–6:30 p.m.
The Residences at Eastern Market Library, 333 8th St. SE

Defending Democracy Group

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

Members and volunteers.

Friday, October 2, 10:30 a.m.–12:00 noon
The Residences at Eastern Market, 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. See the September 4 listing for further info.

Members and volunteers.

Monday, October 5, 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 September 7 listing for further info.

Open to all.

Wednesday, October 7, 3:30–4:30 p.m.

Virtual Event: What We're Hearing

See the September 2 listing for further info. Please contact Alex Smith with questions or concerns: asmith@capitolhillvillage.org or (202) 543-1778.

Open to all.



Thursday, October 8, 10:30 a.m.–11:30 a.m.
Capitol Hill Towers, 900 G St. NE

Tech Training with Myles

A drop-in session that meets monthly at Capitol Hill Towers to answer questions about cell phones, tablets, and computers.

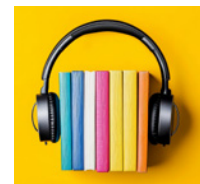
Members only.

Thursday, October 8, 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, October 8, 2:00–4:00 p.m.
Labyrinth, 645 Pennsylvania Ave. SE

Games and Puzzles



Join other CHV members and their friends for two hours of game-playing fun. The staff at Labyrinth will help us pick out new and familiar games. No serious games are played; we are there to have fun; no reservations required, just come.

Open to all.

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October & Ongoing Events *continued from page 18*

Thursday, October 8, 4:30–6:00 p.m.

The Residences at Eastern Market Library, 338 8th St. SE

Cinephiles

Check the [on-line CHV calendar of events](#) for the list of movies for discussion.

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

Members only. Registration required.

Friday, October 9, 9:00 a.m.

Your Home

Goodwill Pick-up

NOTE: Signup deadline is 12:00 Noon, Wed., October 7

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

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

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

Members only.



Ongoing Events

Mondays, 9:30 a.m.

Meet at the plaza outside the Eastern Market North Hall

Easy Strollers

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

Open to all.



Mondays, 10:00 a.m.–12 Noon

Virtual Event: DC Center for LGBT Community—Coffee Hour

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

Mondays, 11:00 a.m.–12 Noon

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

Tai Chi

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



Open to all. Registration required.

Mondays, 12 Noon–1:00 p.m.

Capitol Hill Towers, Computer Room, 900 G St. NE

Mindful Monday—Peer Recovery Support Group

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

Open to all.

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.

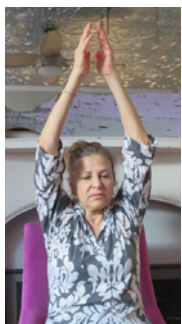
► continued on page 20

Ongoing Events *continued from page 19*



Mondays and Thursdays, 4:00–5:00 p.m.

Virtual Event: Recharge & Restorative Yoga



Join us for a mix of sitting/standing exercises targeting overlooked body muscles. This class focuses on stretching the spine, learning to control balances — 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.

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 to start 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, 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 story on page 8, and for more information about the Second Wind Chorus see: secondwindchorusdc.com.

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Save the Date!
March 13, 2027

**Celebrate CHV's 20th Birthday at
the 2027 Gala at St. Mark's Church**

Ongoing Events *continued from page 20*



Wednesday afternoons

Various Times and 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.



Mahjong *continued*

We meet weekly on Wednesdays in alternating locations:

- **Sep. 2:** 1:00–3:00 p.m., Labyrinth Games and Puzzles, 645 Pennsylvania Ave SE
- **Sep. 9:** 2:00–4:00 p.m., Tunnickliffs Tavern, 222 7th Street SE
- **Sep. 16:** 1:00–3:00 p.m., Labyrinth Games and Puzzles, 645 Pennsylvania Ave SE
- **Sep. 23:** 2:00–4:00 p.m., Mr. Henry's, 601 Pennsylvania Ave SE
- **Sep. 30:** The Residences at Eastern Market
- **Oct. 7:** Labyrinth Games & Puzzles, 645 Pennsylvania Ave SE

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

Congratulations!

Congratulations to **Alex Smith, LICSW** for successfully completing her Independent Clinical Social Worker licensing requirements.



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 Dates!

Thursday, September 17
4–7 p.m.

Ice Cream for a Good Cause

jeni's

Capitol Hill Village is partnering with Jeni's on Barracks Row for a super sweet ice cream fundraiser: **25 percent of sales will go directly to CHV.**

Come out for some delicious ice cream, great company, and support a good cause—helping older adults thrive on Capitol Hill!



Thursday, October 15
1–4 p.m.

Capitol Hill Village's annual Get Your Move On event and Vaccine Clinic are coming up on Thursday, October 15th at Eastern Market (more details to come in the October CHV newsletter).

The time to order swag is now! We have shirts, sweatshirts, water bottles, and cross body bags all GYMO-themed. Order yours today at: <https://www.bonfire.com/store/capitol-hill-village-store/>

Proud to be partnering with Grubb's Pharmacy.

GET YOUR
MOVE ON!



*Scan to
register for
vaccines.*



Capitol Hill Village
1355 E Street SE
Washington, DC 20003