



Capitol Hill Village took advantage of peoples' natural love of ice cream and hosted an ice cream social at Jeni's on Barracks Row. A portion of the ice cream sales on the day went to CHV. Looking pretty happy with the offerings are, from left, Felix Nienstadt; his wife, CHV Executive Director Judy Berman; Peter Hernandez, a CHV volunteer of the year in 2026, and his wife Deborah. More photos on page 12.

Get Your Move On! and Vaccine Clinic

This year's Get Your Move On! will be Thursday, October 15, from 1:00 to 4:00 p.m. in Eastern Market's North Hall.

We are excited to announce that Grubb's Pharmacy will be providing COVID, flu, RSV, and pneumonia vaccines throughout the event. Sign up to get vaccinated at: chv.timetap.com/#/.

Let's protect ourselves and others!

This year's GYMO promises an exciting schedule of events, featuring many CHV affinity groups and community partners focused on wellness. There will be fun giveaways, line dancing, music, and resources to support your health and well-being.

Get your GYMO swag by custom ordering through the new CHV online merch store. Check out shirts,



sweatshirts, water bottles, and bags here: <https://www.bonfire.com/store/capitol-hill-village-store/>.

Want to get involved in the event? We are looking for community partners and volunteers to participate. If you would like to volunteer, provide a demonstration, or sponsor the event, contact us at info@capitolhillvillage.org. We hope to see many of you there!

FROM THE BOARD

Thinking About Our Legacy

Capitol Hill Village will celebrate its 20th anniversary in 2027. At CHV, we have much to be grateful for and a lot to celebrate! You will be hearing more about those celebrations in the months ahead.



Kathleen O'Leary

But as we head into the last months of 2026, I am reminded of the many reasons we are grateful.

First, we are immensely grateful for our volunteers who make CHV a thriving organization. Our volunteers drive members to medical appointments, shovel walks, clear storm debris, check on members living alone, inspect sidewalks, fix

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IT problems, and so much more. Of course, volunteers are backed up by CHV's professional staff who work overtime every day to make certain things run smoothly not only in the office but in countless other ways.

CHV's dedicated staff members routinely do things like help members settle at home after a hospitalization or get groceries; assist with deliveries of prepared food and with medical equipment. They've ridden in an ambulance with an injured member who would otherwise have been alone, taken a member to Urgent Care on the weekend, and followed an ambulance to the hospital even stopping along the way to purchase a phone charger!

We are also deeply grateful for everyone who supports CHV financially. To show our appreciation, we have initiated a new program, **Circles of Giving**, to recognize everyone who has made a financial contribution to CHV. From major donations to smaller ones, every contribution counts. While membership dues are critical to

accomplishing our mission, donations are also important for ensuring that we help members stay in their homes and connected to the community we love—Capitol Hill. You will hear more about Circles of Giving in the upcoming weeks.

Another way to support CHV financially is to make a legacy contribution.

The legacy gifts that CHV has received in the past—some modest, some substantial—have helped solidify CHV's financial stability. This year, we established a more formal program, the **Capitol Hill Village Legacy Society**. To make legacy giving easier, our website now features a new tab with estate planning tools. We've added a Q&A about how and why to include CHV in your estate planning, as well as a sample codicil to make amending your will even easier. Check it out at: <https://capitolhillvillage.org/chv-legacy-society/>

We are deeply grateful to **Buddy Wolfe**, a longtime volunteer and supporter who passed away this year,

for leading creation of the CHV Legacy Society. Legacy giving is a powerful way to make a statement about what matters most to you. As Buddy reminded us, legacy gifts serve as seeds that grow into trees that provide shade, comfort, and lasting support for future generations.

If you have not already thought about estate planning (and even if you have), I invite you to **attend CHV's Plan to Thrive session on October 29**. Financial and philanthropy experts will be on hand to provide information on how to create tax-advantaged estate plans that have a lasting impact. To learn more about the session and to sign up, contact Lizzy Kosin, Director of CHV Care Services at 202-543-1778 x106 or lkosin@capitolhillvillage.org. See story on page 10. Sign up [HERE](#).

Thinking about end-of-life decisions can be uncomfortable, but it is critically important. We urge you not to wait—please take steps to create or update your estate plan today.

Experiencing Grief? You are Not Alone

By Alex Smith, CHV Care Services Specialist

As we transition into the autumnal season, I find myself thinking a lot about loss. The days are losing sunlight, the trees are losing their leaves, gardens are losing their vibrant summer blooms. While there are so many things I enjoy and celebrate about fall, it is also a time that I slow down, take stock, and reflect.

For those who are experiencing grief, fall may bring a new intensity to those feelings. There are reminders all around us of how all things come to an end. We can see that we're not alone in this experience either. All of

nature embraces death and loss this time of year.

It is fitting then that the Capitol Hill Village Care Services Team has begun a monthly virtual Grief Support Group. If you are reading this and thinking that you could use some support with your grief, please join us this month.

This new support group is open to any member who is experiencing grief, whether recent or ongoing. The intent is to provide a safe space to address the complexities of grief, where members can offer each other mutual support. This space will focus on sharing, developing coping skills, and learning

to move through life as we tend to our experiences of losing a loved one.

We meet virtually on the fourth Wednesday of each month from 3:00 to 4:00 p.m. The next meeting is on Wednesday, October 28. If you are interested in joining, please reach out to me at asmith@capitolhillvillage.org or 202-803-6483 to complete a brief intake process. You are also welcome to reach out with any questions, concerns, or accommodation requests.

I hope you consider taking this brave step towards caring for yourself and honoring your grief this season.

CAPITOL HILL VILLAGE

To become a member, go to www.capitolhillvillage.org and click on "Apply for 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.



CHV #55474

PROUD MEMBER OF



United Way of the National Capital Area

CHV #8066



Call Us: 202-543-1778

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

info@capitolhillvillage.org

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

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Sophia Ross, Digital Media and Grant

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FROM THE EXECUTIVE DIRECTOR

The Results Are In! Thank you to Survey Respondents



Judy Berman

The time you spent and information you shared in the CHV Member and Volunteer Survey in June is so valuable to us! I want to thank the CHV Evaluation Team—Nancy Lee,

Neal Mann, Joel Sarfati, and Karen Stuck—who advised Sharp Insight on development of the survey. They asked great questions that led to great improvements.

Who responded to the survey?

171 people responded including 150 members, some of whom are also volunteers and 21 non-member volunteers.

- 46% are 80 or older; 40% are in their 70s.
- 78% identify as women
- 57% live alone.
- 8% identify as a member of the LGBTQ community
- 9% identify as Black/African American and/or "other"
- 93% identify as white.
- Membership types (regular vs. plus members) were fairly proportionately represented.

Twenty-six percent of respondents reported using a mobility device at least some of the time, and nearly as many report that they sometimes or often avoid social interactions or events because of mobility challenges. Hearing difficulties cause about 15% of responding members to sometimes or often avoid activities, and vision difficulties affect another 6%. Overall health status causes about one-quarter of respondents to sometimes or often avoid social interactions or events. This is important, because previous

surveys suggested that **folks with mobility challenges are more likely to report feeling isolated or lonely and we know how isolating hearing loss and poor health can be.**

Participation in the survey was not as high as it was two years ago, in 2024, when we conducted a similar survey but statistically, it represents just under a third (32%) of our membership. Our data analysts at Sharp Insight consider it a solid response. We know we did not conduct as many "interviews" for this survey where a volunteer supports a member by reading the questions aloud and entering the answers; nor did we get as many responses on paper, two strategies we use to make sure we hear from folks who are not as comfortable or as likely to use a computer. (If you were among those who didn't respond, is there something we could do differently to encourage your participation?)



Findings

The picture painted by our responding members is *very positive overall*. Members indicate high levels of satisfaction with CHV, with 99% saying they would recommend CHV to a friend or neighbor and 91% saying they get their money's worth (or more) from their membership.

Members reported a high level of belonging at CHV, with 100% agreeing that they generally feel

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The Survey Results Are In! *continued from page 3*

welcome at CHV events and activities. While a small number of respondents indicated that they did not feel like they belonged, there were no characteristics that tied these individuals together such that we can draw any conclusions about the source of their sense of non-belonging. Since most of our activities are member or volunteer run, congratulations to all of you for creating and maintaining such an inclusive environment! And for those who don't feel they belong, I hope you'll reach out to staff so we can better support you.

Members who reported participating in CHV activities at least a few times a month had a higher score on the "improved quality of life" scale than those who participated less frequently. (The "Improved Quality of Life" scale is based on the Strategic Plan goals and whether members believe that CHV is helping them in those ways: to plan for elderhood and meet elderhood goals, stay healthy, stay connected and manage their housing-related needs.) Almost half of respondents (47%) reported they get together with Village friends outside Village activities at least a few times a month. I love that!!

A majority of respondents agreed that CHV is achieving its strategic plan goals: nearly all agreed that CHV is achieving goals associated with quality of life; 96% of volunteers expressed that CHV provides a great volunteer experience; and nearly all agreed that CHV has strong organizational practices.

Areas to Work On

However, there were two areas related to our strategic plan where findings suggest that we have some work to do. I could use your help in understanding exactly what that

work looks like. Surveys can only offer so much.

Goal 4 of the CHV Strategic Plan is to help older adults live in their own homes for as long as they wish, and to help them find suitable housing when they want or need to move. **While 94% agree that CHV helps them to live in their own homes, only 80% agree that CHV helps them to find suitable housing if they want or need to move.** Because the survey is anonymous, I can't know if the individuals who don't find CHV helpful in finding alternative housing have asked for help and been dissatisfied or have not asked for help either because they didn't know CHV could help or didn't think the help would be of value. Going forward, we will commit to doing a better job of communicating the services we have for individuals seeking alternative housing (e.g., arranging visits to local facilities) and include some evaluation of the services we offer so we can better understand and meet the need. I welcome any feedback you have.

Our Strategic Plan also includes as a goal, "To increase and diversify our membership so that we can better serve our community." This is not a "Quality of Life" measure but rather an organizational management goal. Only three-quarters of members (77%) agree that CHV does a good job increasing our membership and only four-fifths (80%) agree that CHV does a good job of diversifying our membership. These percentages are fairly high by most standards, but this is an area we need to work on.

As we look ahead to our 20th Anniversary Year, our plan calls for increasing membership by 20%. We are planning to conduct a membership drive and hope to attract individuals who are actively looking for ways to engage with our

community socially and as volunteers. I welcome your involvement and input. I would also add that, for internal purposes, we have defined "diversity" as any attribute that varies from our most characteristic member, specifically a heterosexual, cis-gendered, fluent-English-speaking white woman with an income at least 80% of Area Median Income (AMI). That means while heterosexual, cis-gendered white women are of course always welcome, we're seeking to grow our membership among men (cis- or trans-gender), people of color, members of the LGBTQ community, low-income individuals and speakers of languages other than English, including ASL. Some of these qualities are obviously not visible but we do hope that our culture and activities will begin to manifest the diversity that such heterogeneity can offer. How does this align with your vision of diversity?

No survey is perfect, of course, but we can't let the perfect be the enemy of the good. We will take the information we have, apply it with our usual caution, and continue to push for additional engagement in our evaluation activities and use a variety of methods.

The survey report is being finalized, and there's plenty more to learn. We will make the report available, and there will probably be at least one more newsletter article about it, as well as an opportunity to get together to discuss the findings (a "data party") and how CHV can respond. Thank you again for your support and participation in our evaluation efforts.

October Village Voices Presents Dr. Kevin Davies

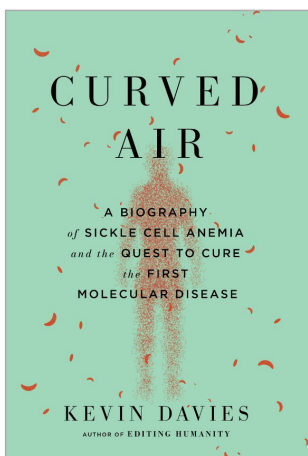
Meet and learn from your illustrious Capitol Hill neighbors in informal, free, public discussions about social, economic, and political topic.

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*.

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 latest book *Curved Air*, which explores the history of sickle cell disease, the world's most famous genetic mutation and 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. Access the book at: <https://www.hup.harvard.edu/books/9780674293960>. Harvard is offering 30 percent off with the code "SCD30."



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.



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.

Donating non-running vehicles isn't something most people plan for, but when they do, they're often surprised by how much good their decision brings. Many people think their car is worthless—too costly to fix, too damaged, too old. Yet when the parts, metal, or proceeds from the vehicle fund programs for groups such as Capitol Hill Village, they realize just how far a simple donation could go. **What may seem like the end of the road for your car can actually be the start of support for someone else's journey.**

There is no cost to donors. To schedule your donation, call 855-500-7433 or visit www.careasy.org/capitol-hill-village.

CHV Establishes Committee to Continue Anti-Racism Strategy

James Kennedy and Jon Saxton will co-chair a new CHV Board-chartered Anti-racism Steering Committee. Following-up on the work of its predecessors, including the Anti-Racism Working Group, this new committee is tasked with developing, recommending to the Board, and working throughout CHV and with community partners to implement programs and approaches that can help CHV better serve the community equally, robustly, without prejudice, and with demonstrable results.

The CHV Board established the Anti-Racism Steering Committee to guide strategies, develop measures for progress, and ensure anti-racism is integrated into all organizational activities. The committee will include CHV staff, Board members, and representatives of the community, with a focus on diverse representation and a commitment to fostering racial equity. The committee's responsibilities include outreach, training, communication, and supporting member education through articles, forums, study

The CHV Anti-Racism Working Group was formed in 2024 to recommend specific strategies to implement the 2023–2028 Strategic Plan goals related to fighting racism and increasing diversity. Despite a predominantly white membership, CHV recognizes systemic racial disparities affecting Black and other non-white residents in housing, healthcare, education, and economic opportunities. The group emphasized that racism is embedded not just in individual behaviors but also in societal structures and daily practices, and that understanding these disparities is essential for community cohesion and growth.

groups, and resource libraries. Regular reports to the Board and bi-monthly meetings are mandated.

The Co-Chairs invite feedback and conversation. The initial focus will be threefold:

1. Survey of CHV members and activity groups and consultation with others in our community to identify key senior life-course issues and concerns (e.g., health and health care, housing, education and literacy, food insecurity, computer and tech literacy, mobility, etc.) especially where they disproportionately affect people of color.
2. Develop an initial shortlist of priority issues, and identify community resources and collaborators to help recommend programs and pathways that build on the strength and resilience of our diverse community.
3. Choose at least one particular focus—in the area of better understanding and navigating our health care system—where we will create a working group right away to take the lead in developing program initiatives.

To get this effort started, the Co-Chairs are assembling a core committee, who will help align on the vision and structure of the committee, identify a few initial project pathways, clarify early priorities, and help shape and launch the Steering Committee's work.

The Steering Committee will develop measures to evaluate progress aligned with strategic goals, ensure communication efforts, and champion inclusion across programs. The committee's structure, membership criteria, and governance should emphasize ongoing, adaptive work to embed anti-racism into CHV's organizational fabric and community engagement efforts.

CHV's core values—excellence, service, volunteerism, inclusivity,

About the Co-Chairs



James Kennedy

James Kennedy, a CHV Board member, is well known for a lifetime of engagement in bettering lives and communities by building working groups and teams to take on issues and problems that affect his community. Nearly every initiative that he's taken on or been involved in has been strengthened by the friendship and allyship that comes from actively working together on specific projects and goals.

Jon Saxton began his work in race-related efforts when he served as a field director in Rev. Jesse Jackson's 1984 presidential campaign and then as one of the first employees of the newly established Rainbow Coalition. His experience working in majority black organizations showed him that working on shared goals and collaborating in getting things done was the most effective way to build authentic and lasting mutual respect among diverse people and their institutions.



Jon Saxton

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Meet the New CHV Board Members

It's the end of the fiscal year, which also brings changes to the Capitol Hill Village Board of Directors. At the September Board meeting, we said goodbye to four members of the Board and welcomed six new members.

Ending their Board terms are **Maury Stern** (who served as President the last two years), **Linda Pettie** (head of the Development Committee), **Angela Beckham**, and **Robyn Hinson-Jones**. They have served our Village with passion and will be missed.

The Board voted to accept six new members: Robert Cooke, Barbara Fox, Richard Hoagland, Leniqua'dominique Jenkins, Laura Marks, and Julie Washburn.

Robert Cooke has been focused on affordable housing and public health.



He served on the Manna Inc. Board of Directors, Housing Advocacy Team, Coalition for Nonprofit Housing and

Economic Development, and DC Health Department Community Outreach Health and Advocacy Committee. Rob is an enthusiastic supporter of CHV, and as a volunteer has brought many talents to Village events—music, flower arranging, photography, and decorating.



Barbara Fox holds a Ph.D. in Biochemistry from MIT. She has extensive leadership expertise starting and running

therapeutics companies and a strong background in immunology. Barbara is passionate about supporting and mentoring entrepreneurs. Many members know her through her leadership of the Seniors Defending Democracy affinity group.

Ambassador **Richard Hoagland** was Principal Deputy Assistant Secretary



of State for South and Central Asian Affairs, after a decade of service in South and Central Asia. He is currently chairman of the

board of directors and director of policy and security programs at the Caspian Policy Center in Washington.

Leniqua'dominique Jenkins is a public affairs manager skilled in digital marketing and social media platforms. She served in the office of Council Member Anita Bonds; wrote a



monthly column for the *East of the River News*; created, maintained and grew a home health care agency; and served as an Advisory Neighborhood Commissioner in Ward 7. And, she self-published a best-selling children's book, *Mirror, Mirror on the Wall*.

Laura Marks is Assistant Vice President for Community and



Government Relations at The American University. She is fluent in DC government, federal higher education policy,

community engagement, and land use planning. Prior to joining AU, she served at Events DC, the Southwest Business Improvement District, and seven years as Chief of Staff for Ward 6 DC Council Member Charles Allen.

Julie Washburn has been a Human Resources professional with a strong



foundation in HR operations, recruitment coordination, and employee lifecycle support. She is passionate about fostering

inclusive, values-driven workplaces that align people operations with organizational impact.

Committee to Continue Anti-Racism Strategy *cont. from page 6*

innovation, respect, responsiveness, teamwork, kindness, and joyfulness—are foundational to its culture and decision-making. The organization commits to promoting diversity in membership, staff, and leadership, and to making its programs welcoming and culturally sensitive. Specific actions include publicizing values, incorporating anti-racism

into staff and volunteer training, and creating educational opportunities such as symposiums, reading groups, and resource sharing.

Stay tuned for further updates on this work. And please be in touch with feedback of any kind and with any interest you may have in joining this effort.

If you'd like to share comments with the Committee Co-Chairs, please send them to Ashvita Vasireddy (avasireddy@capitolhillvillage.org) or look up James or Jon on the Village Member Directory: https://capitolhill.helpfulvillage.com/users_by_admins/members_directory

The Power of a Good Conversation

By Julie Washburn

There is something pretty simple that I have come to appreciate more and more: making personal connections matters.

We live in a world where something is always happening. You pick up your phone and there is another terrible headline, another crisis, another political argument, or another heartbreaking environmental tragedy. It can sometimes feel like the world is moving at a speed impossible to keep up with. And while we can't change all of those things, there is one thing we can do—connect with the person right in front of us.

That is one of the reasons the Capitol Hill Village Connections Program works so well for me.

When I spend time with my companion, Joe Cooney, I put down my phone. We talk. Sometimes our conversations are substantive—about what is happening in the



Joe's Perspective

"Most of us who have a Village volunteer live alone without a family member. It can be lonely especially if you are mobility impaired. Some days can pass without having a conversation with an individual. Social contact is crucial for seniors as emphasized in all the literature. Julie is a blessing for me by her very varied conversation topics but also by cookie treats and sometimes sharing her family dinner. I think her visits also fight encroaching Alzheimer's. All in all, a big plus. I see her as one of God's co-workers."

world, our community, or life in general. Other times, we talk about absolutely nothing important. We laugh, tell stories, complain about something silly, or just catch up. And honestly, both kinds of conversations are valuable.

There is something incredibly grounding about being present with another person. For that hour or however long we spend together, the rest of the world can wait. There are no notifications, no scrolling, no headlines demanding my attention. Just two people talking and getting to know each other a little better.

What I have found surprising is that I often walk away from our time together feeling like I have received just as much as I have given. I feel reinvigorated. I am reminded that despite everything going on around us, life is still happening in very real and very personal ways. People are still laughing. Neighbors are still helping neighbors. People still have stories to tell, opinions to share, and experiences that are worth hearing.

That, to me, is the real benefit of the Connections Program.

Of course, being a companion is about supporting another CHV member and helping someone feel connected and engaged. But for me, the benefits far outweigh simply supporting the CHV member. **It reminds me to slow down, be present, listen, and appreciate the community around me.**

We don't always need to solve a problem or make a huge difference. (This is hard for me to do.) Sometimes making a difference is simply showing up, putting down the phone, and having a good conversation.

And in a world that can sometimes feel overwhelming, there is something reassuring about knowing that the person sitting across from you at that one moment in time is still there—ready to talk, laugh, listen, and remind you that our little corner of the world (Capitol Hill, DC) is still going strong.

Sometimes, a good conversation is exactly what we need.

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Buying a Car Online? Beware of Scammers



While the car-buying process can be stressful, whether you're shopping online or in person, the thought of driving off the dealer's lot with that sweet ride you've had your eyes on can be exhilarating. But imagine showing up at the dealership and finding out the dealer has no record of your order or your payment. That's what's happening to unwitting car buyers who've been deceived by scammers impersonating a car dealership.

Scammers set up bogus car dealership websites to trick you into paying up front for a car you'll never lay hands on.

They clone a real auto dealer's website — often using AI to do so — copying the brand logos, vehicle listings, and photos down to

the last detail. Some websites even include fake customer testimonials.

They might advertise rare muscle cars or hard-to-find classics to lure you in.

They describe the buying process in detail and offer flexible return policies to put you at ease.

How to protect yourself:

Search online for the dealer's name with words like "scam," "review," or "complaint." Any negative hits that come up are a red flag.

Keep in mind that if the scammers are impersonating a real dealership, you might find glowing reviews. So go the extra mile—ask to see the car, and the dealership, in person. If they won't let you, pump the brakes.

If the car is too far for you to visit in person, tell the dealer you want to hire a mobile inspection service to check out the car. If they won't let you, consider taking your business somewhere else.



Early Voting Begins Oct. 9

You may drop your completed DC mail-in-ballot in ANY Ballot Drop Box at ANY time beginning Friday, October 9 at 11:00 a.m. and extending until 8:00 p.m. on Election Day, Tuesday, November 3, 2026. Find the nearest Ballot Drop Box [here](#).

Voting in Person

2026 General Election Day Vote Centers will be open on Tuesday, November 3, 2026, from 7:00 a.m. to 8:00 p.m.

Voters may cast their ballots AT ANY VOTE CENTER regardless of their residential address.

Good Conversation *continued from page 8*

How the Village Connects

Village Connections is a long-standing CHV program that matches volunteers to members who benefit from long-term volunteer relationships. Instead of one-off support, Village Connections volunteers commit to regular visits or phone calls to act as an advocate, liaison, caring support to the member

throughout life's joys and challenges. Village Connections relationships range from weekly home visits, frequent or daily phone calls, or task-specific help such as regular grocery trips, meal deliveries, or transportation.

Interested volunteers looking for a match and members interested in a long-term volunteer connection can

get started by contacting the Village Connections program manager and CHV's Director of Care Services, Lizzy Kosin at 202-543-1778 Ext. 106 or lkosin@capitolhillvillage.org. Village Connections volunteers have access to additional training and support to help make their long-term connection strong and lasting.

We Want Everyone to Thrive

What Will be Your Legacy?

Capitol Hill Village is excited to open the last Plan to Thrive session of the year to all Capitol Hill residents.

Join us on Thursday October 29 from 3:00 to 5:00 p.m. at the Northeast Library, 330 Seventh St. NE (Meeting Room 1—Accessible by elevator and stairs).



Lizzy Kosin

During the first hour, **Lizzy Kosin**, CHV's Director of Care Services, will share information about Capitol Hill Village services and the planning tools available when you become a CHV member.

From 4:00 to 5:00 p.m., we will be joined by guest speakers **Chad Sigmon**, CFP®, **Skip Thompson** of Integrated Wealth Advisors, and **Tiffanie Purvis**, General Counsel & Senior Philanthropic Advisor for The Greater Washington Community Foundation, for a discussion on Legacy Giving as part of your financial and estate planning. Participants will learn about charitable giving and legacy



Chad Sigmon



Skip Thompson



Tiffanie Purvis

**We encourage everyone—
new members, prospective members, curious community
members, long-time members, and volunteers to join us
and hear about current CHV services and programs and to
learn more about charitable donations
and legacy gifts that support CHV as we enter our 20th
year of service on Capitol Hill!**

planning strategies so you can make a meaningful impact for future generations while potentially improving tax efficiency today. More information is on the CHV website at: <https://capitolhillvillage.org/chv-legacy-society/>

If you are interested in learning about Qualified Charitable Distributions (QCDs), Donor-Advised Funds, gifting appreciated securities,

step-up-in-basis opportunities, estate planning considerations, and current and generational tax planning strategies, this session is for you! Register [HERE](#).

We welcome you to join all or part of the two-hour agenda.

For additional information: Contact Lizzy Kosin, Director of Care Services at 202-543-1778 x106 or lkosin@capitolhillvillage.org.

Age-Friendly Ecosystem Summit

The George Washington School of Nursing's Center for Aging, Health and Humanities is hosting the sixth annual Age-Friendly Ecosystem Summit virtually on four consecutive Thursdays in October.

This free, regional, collaborative event will be held in partnership with Age-Friendly Alexandria, Arlington, DC, Howard County, Hyattsville, Montgomery County, Orange County, AARP NC Coastal Region, and the Georgetown University Aging & Health

Program. Each day's presentation will be on Zoom from 1:00–3:00 p.m.

October 8

From Age-Friendly Initiatives to Longevity-Readiness: Strategies to Navigate Challenges

October 15

The Invisible Workforce: Care Partners in Crisis and the Path Forward

October 22

Mind Matters: Prioritizing Brain Health Across the Age-Friendly Ecosystem

October 29

More Than Shelter: Housing, Loneliness, and Social Connection

For more information and to register use the QR code or go to: [https://](https://gwu-edu.zoom.us/meeting/register/35c3KxPnSZSJbPlcHXfp2Q#/registration)



[gwu-edu.zoom.us/
meeting/register/35c
3KxPnSZSJbPlcHXf
p2Q#/registration](https://gwu-edu.zoom.us/meeting/register/35c3KxPnSZSJbPlcHXfp2Q#/registration)

Introducing Our Social Work Interns

This school year, Capitol Hill Village's Care Services Team will host two Masters of Social Work interns—Angie Stene and Sabrina Sito, both from the University of Maryland School of Social Work. They will be with us through April 2027.

Capitol Hill Village will also host a Bachelor of Social Work intern, Evelyn Hernandez from Gallaudet University through May 2027.

The social work interns will have the opportunity to work directly with members who benefit from social work assistance, under the guidance of our full-time social workers Lizzy Kosin, Director of Care Services, and Alex Smith, Care Services Specialist.

Angie Stene (she/her)

Angie is thrilled to be joining Capitol Hill Village as a 2026–27 social work intern. Angie is joining the social work profession and CHV after a career in global health and international



development. Angie is passionate about mental health, wellbeing, and social connection. In her free time, Angie loves traveling—ideally by bicycle—car camping and trying her hand at Celtic Fiddle.

Sabrina Sito (she/her)

Sabrina is passionate about mental health and wellbeing and is excited to transition into social work after working in nonprofit advocacy for behavioral and brain sciences and teaching English abroad in Spain. As an intern at CHV,



she is looking forward to connecting with members of the community and being part of their day-to-day lives. In her free time, Sabrina loves vinyasa yoga and is training for the Army Ten-Miler run in October.

Evelyn Hernandez (she/her)

Evelyn is passionate about advocating for and supporting individuals from all walks of life, which inspires her to pursue a career in social work. As an intern at CHV, she is excited to work with a diverse range of people and make a positive impact on their lives within the community. In her free time, Evelyn enjoys spending time with friends, watching movies, and exploring different towns.



CHV Gala Salon: Lew Simons

By Pegi Jodry & Roxanne Walker

Several CHV members enjoyed the final salon of the year, hosted by Carol Rabenhorst, in her wonderful condo on Capitol Hill.

Pulitzer Prize-winning journalist, Lew Simons, read from his autobiographical book, *To Tell the Truth*, and further discussed a forty year career in Southeast Asia. In 1985, while Simons was investigating the circumstances of the death of the politician Benigno Aquino, he came across information about Marcos' financial affairs. He and fellow *Mercury News* correspondents, Pete Carey and Catherine Ellison, investigated the massive transfers of wealth abroad by the President of the Philippines Ferdinand Marcos and his associates. Their findings led to Marcos' downfall. In 1986, the three



journalists were awarded the Pulitzer Prize for International Reporting.

Lew's wife, Carol (nee Seiderman), also a graduate of the Columbia University Graduate School of Journalism, and married to Lew since 1965, added her perspective to their shared life abroad.

Ms. Rabenhorst served a delicious buffet meal and libations. A lively conversation about the role of the press in a democracy followed the presentation. So pertinent to our current state of affairs.



Save the Date!

March 13, 2027

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



Ice Cream for a Good Cause

Cheers to all who attended the September 17 CHV Fundraiser at Jeni's Ice Cream on Barrack's Row. The new CHV interns were on hand to meet members, and members and their pooches mingled and enjoyed the gathering.



October Events

Wednesday, September 30, 10:30 a.m.–12:00 p.m.
Southeast Library, 403 Seventh St. 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.



Open to all.

Wednesday, September 30 5:00–6:30 p.m.
The Residences at Eastern Market Library, 338 8th St. SE

Defending Democracy Group

Michael Lukens, Executive Director of Amica Center for Immigrant Rights, will join us. He'll give an update on ICE activities locally and nationwide and what Amica and others are doing to support immigrants. There should also be a discussion of volunteer information and what all of us can do to support this important fight.

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. 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, October 5, 10:30 a.m.–12:00 noon
Fletcher's Boat House, Georgetown

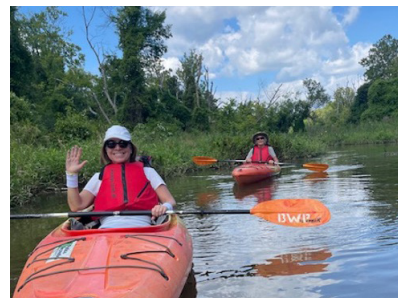
Kayaking

The October 5 kayak trip will start from Fletcher's Boathouse in Georgetown off Canal Road at 10:30 a.m. due

to road restrictions until 10:00. We will paddle on the Potomac River up to Great Falls (not in the falls!).

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.



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. 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.

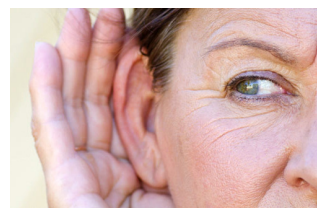
Wednesday, October 7, 3:30–4:30 p.m.

Virtual Event: What We're Hearing

Do you experience hearing loss? Please join us at What We're Hearing, CHV's 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.



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October Events *continued from page 13*

Wednesday, October 7, 4:00–5:30 p.m.

As You Are, 500 8th 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. Registration required.



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.



Myles Nienstadt

Thursday, October 8, 1:00–3:00 p.m.

Virtual Event: Age-Friendly Ecosystem Summit

First installment of this free program hosted by the George Washington School of Nursing's Center for Aging, Health and Humanities. Other sessions are October 15, 22, 29. See story on page 10.

Thursday, October 8, 2:00–3:30 p.m.

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

Audio Book Club

Annice Majette 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.



Thursday, October 8, 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:

The Uprising: Andrew Garfield plays an English ploughman and leader of the 1391 Peasants' Revolt against



► continued on page 15

October Events *continued from page 14*

Cinephiles *continued*

the despotic teenage King Richard II (Woody Norman) in this fact-based historical action film.

Knife: The Attempted Murder of Salman Rushdie: Documentary. (Don't be confused by a 2024 version.)

By Any Means: An FBI agent teams up with mob hit man Greg Scarpa to investigate the murders of civil rights leaders in the 1960s Mississippi.

Union Town: Documentary by Barbara Kopple. Three separate but interconnected labor stories in and around New York City.

Irena's Vow: Caught in a German roundup to be used as a slave laborer, Polish nurse Irena Gut becomes a German army major's housekeeper during World War II, and risks her life to conceal a dozen Jews in the major's home.

The Sun Never Sets: A woman's relationship with her boyfriend hits a rough patch just as her ex reappears in her life.

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.



Tuesday, October 13, 3:00–4:00 p.m.

Virtual Event: Parkinson's Support Group

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

Open to all.

Tuesday, October 13 7:00–8:00 p.m.

Virtual Event: Village Voices



Kevin Davies, editor and author specializing in genomics. He will discuss his latest book *Curved Air*, which explores the history of sickle cell disease, the world's most famous genetic mutation and recent successes in treating the disease. See story on page 5. *Open to all.*

Wednesday, October 14, 10:30 a.m.–12:00 p.m.

Southeast Library, 403 Seventh St. SE

CHV Community Drum Circle

Drum your way to connectedness and joy! No experience necessary, and all are welcome. See the Sept. 30 listing for further info.

Open to all.



Wednesday, October 14, 5:00–6:30 p.m.

The Residences Library, 338 Eighth St. SE

Defending Democracy Group

At this meeting please join us as we write letters to potential voters through Vote Forward, a national organization that promotes voter turnout and fair elections. See the Sept. 30 listing for further info.

Members and volunteers.

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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.

October Events *continued from page 15*

Thursday, October 15, 10:30 a.m.–2:30 p.m.

Meet at the bench just inside the E. Capitol St. entrance to the U.S. Capitol grounds

Meet, Walk, View, Eat—Visit to the National Gallery of Art

Join other CHV members for a walk to the National Gallery of Art. Once at the museum, which has no admission charge, choose your own viewing agenda (check the NGA website for current exhibits at: <http://www.nga.gov/content/ngaweb/exhibitions/current.html>). At 12:30 p.m. we'll meet at the Cascade Cafe for lunch together, then walk back up the hill, or resume your own gallery viewing.

Members.

Thursday, October 15, 1:00–4:00 p.m.

Eastern Market North Hall, 7th and N. Carolina Ave. SE

Get Your Move On! and Vaccine Clinic

Grubb's Pharmacy will provide COVID, flu, RSV, and pneumonia vaccines. Events focusing on wellness, giveaways, line dancing, music, and resource tables. See story on page 1.



Open to all.

Thursday, October 15, 7:00–8:00 p.m.

Virtual Event: Rainbow Reading Room

The Rainbow Reading Room will discuss *The Trees* (2021) by Percival Everett. Participants may research our selected book before the meeting to learn about content that may be triggering, you can use: <https://www.meetnewbooks.com/>

The Rainbow Reading Room is our LGBT intergenerational book club. To get more information contact Sophia at sross@capitolhillvillage.org or call 202-543-1778 x204.

Open to all.

Friday, October 16, 10:30 a.m.–12:00 noon

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

Women's Conversations and Connection Group

Meet with CHV members and volunteers to make connections and friendships. Registration is encouraged,

but please attend whenever it works with your schedule. See the Oct. 2 entry for further info.

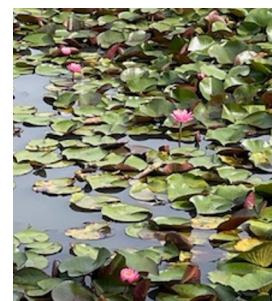
Members and Volunteers.

Monday, October 19, 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 kayak rental is around \$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.

Monday, October 19, 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, Tunnichliff's, to get to know each other better and relax over tavern fare and good conversation.

Members and volunteers.

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October Events *continued from page 16*

Monday, October 19, 3:00–4:00 p.m.

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

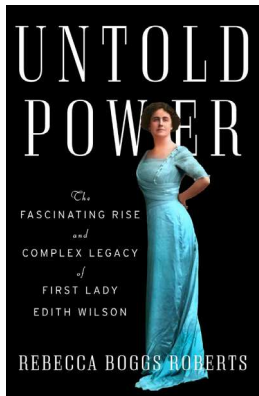
This is a discussion group for men to talk about self-care, especially, but not exclusively, as it relates to caring for others, such as a loved one with an illness or disability. See the Oct. 2 entry for further info.

Open to all.

Tuesday, October 20, 4:30–6:00 p.m.

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

Village Literary Club



Sign up by Monday, October 19.

In October, the Village Literary Club will read *Untold Power: The Fascinating Rise and Complex Legacy of First Lady Edith Wilson* by Rebecca Boggs Roberts (2023, 320 pp).

Members.

Tuesday, October 20, 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.

Open to all.



Wednesday, October 21, 4:00–5:30 p.m.

Lockwood Conservatory, 1339 E St. SE

Writing Your Obituary—Capturing Your Legacy

During October, CHV's Plan to Thrive program will be discussing legacy gifting. As a supplement to that session, CHV will offer a session on how to capture your own legacy through your obituary.

Laura Lyster-Mensh, the Death Doula in Residence at Congressional Cemetery, collects obituaries. In this presentation she explains why writing your own obituary is an act of love and can even be a lot of fun. And really, who doesn't want "the last word?" Laura specializes in helping people accept, talk about, and plan for death. Obituary writing is both practical and meaningful, not a morbid chore. Laura shares tips on information to include, why choosing the photograph is so important, and some cautionary tales for what not to do.



Members.

Thursday, October 22, 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. See the Oct. 13 entry for further info.

Open to all.

Thursday, October 22, 2:00–4:00 p.m.

Labyrinth, 645 Pennsylvania Ave. SE

Games and Puzzles

Join other CHV members and their friends for two hours of game-playing fun. See the Oct. 8 entry for further info.

Open to all.

Thursday, October 22, 5:00–6:30 p.m.

Private Home

Village Opera Society

Members enjoy presentations and discussions about all things opera, attend live operas and Met-at-the-movies together, and yearly excursions to another city or country to take in opera in other great settings. Almost always our interactions and outings include not just good performances but also ample good food, drink, and conversation.

Bring food and drink to share.

Members.

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October Events *continued from page 17*

Wednesday, October 28, 10:30 a.m.–12:00 p.m.
Southeast Library, 403 7th St. SE

CHV Community Drum Circle

No experience necessary, and all are welcome.
See the Sept. 30 listing for further info.

Open to all.



Wednesday, October 28, 3:00–4:00 p.m.

***Now Virtual on Fourth Wednesday**

Virtual Event: Grief Support Group

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. See page 2 for further information.

Open to all.

Wednesday, October 28, 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. 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.

Wednesday, October 28, 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. See the Sept. 30 listing for further info.

Members and volunteers.

Thursday, October 29, 3:00–5:00 p.m.
Northeast Library, 330 Seventh St. NE (Meeting Room 1)

We Want Everyone to Thrive: What Will Be Your Legacy?



Chad Sigmon



Skip Thompson



Tiffanie Purvis

The last Plan to Thrive session of the year is open to all Capitol Hill residents. It's an opportunity to hear about current CHV services and programs and to learn more about charitable donations and legacy gifts that support CHV as we enter our 20th year of service on Capitol Hill!

Register [HERE](#). See the story on page 10.

Open to all.

Friday, October 30, 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, November 2, 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 ▶ continued on page 19

October , November & Ongoing Events *continued from page 18*

it relates to caring for others, such as a loved one with an illness or disability. See the Oct. 2 entry for further info.

Open to all.

Monday, November 2, 7:00–8:00 p.m.

Virtual Event: Village Voices—Susan Punnett, DC Family & Youth Initiative

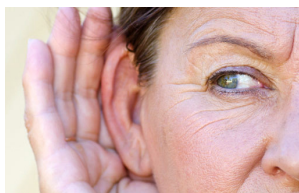
Susan Punnett is founder and executive director of the Initiative, focusing on ensuring that older youth who are in foster care meet adults with whom they can form lasting connections See story on page 5.

Open to all.

Wednesday, November 4, 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. See page 13 for further information. Please contact Alex Smith with questions or concerns: asmith@capitolhillvillage.org or 202-543-1778.



Open to all.

Saturday, November 7, 10:30 a.m.–1:00 p.m.

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.

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, 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.

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Ongoing Events *continued from page 19*

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, 1:30–3:00 p.m. ***Starting October 12**

Virtual Event: Living Your Best Life



Alex Smith

Living Your Best Life: A Health & Wellness Goal Setting Program is a nine-week program focused on helping you assess your health and well being needs, developing goals to meet those needs, and shaping these goals via peer support and educational workshops.

The program includes an introduction to goal setting session, four information sessions with guest speakers, and four goal setting and peer support sessions. Each session will be 1.5 hours long and held via Zoom; attendees will receive a program workbook.

Contact sross@capitolhillvillage.org or call 202-543-1778 to learn more.

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.



Tuesdays, 11:00 a.m.–12:00 noon

Capitol Hill Towers, 900 G St. NE

CHT Grief Support Group: You Are Not Alone

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

Please contact Alex Smith if you have any questions: asmith@capitolhillvillage.org or 202-543-1778.



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Ongoing Events *continued from page 20*

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

Patrick Hamilton will guide simple exercises, that alone or in combination can help break the cycle of mental stress we experience and can be incorporated easily into your daily schedule. Patrick is a member of the Washington Buddhist Vihara and Bhavana Forest Monastery and Retreat Center in West Virginia.

Open to all.

Wednesdays, 12:30–2:00 p.m.

Capitol Hill Arts Workshop, 545 7th St. SE

Second Wind Chorus

Second Wind is a community chorus that has enjoyed making music together for over a decade on Capitol Hill. Members have varied backgrounds in music and welcome anyone who loves to sing and wishes to join the chorus. For more information about the Second Wind Chorus see: secondwindchorusdc.com.



Wednesdays, 2:00–4:00 p.m.

Various Locations (see below)

Mahjong

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

We meet weekly in alternating locations:

- Sept. 30 at The Residences at Eastern Market, 333 8th Street SE;
- Oct. 7 at Labyrinth Games & Puzzles, 645 Pennsylvania Ave. SE;
- Oct. 14 at Tunnickliff's, 222 Seventh St. SE;
- Oct. 21 at Labyrinth;
- Oct. 28 at Mr. Henry's, 601 Pennsylvania Ave. SE.;
- Nov. 4 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 Dates!

Thursday, October 15

1–4 p.m.

Capitol Hill Village's annual [Get Your Move On!](#) event and [Vaccine Clinic](#) are on Thursday, October 15th in the North Hall of Eastern Market.

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

Grubb's Pharmacy will be providing COVID, flu, RSV, and pneumonia vaccines throughout the event. Sign up to get vaccinated at: chv.timetap.com/#/. Or, scan the QR code to register for vaccines.



Thursday October 29

3–5 p.m.

Northeast Library, 330 Seventh St. NE
Meeting Room 1—Accessible by elevator and stairs.

Plan to Thrive!

We encourage everyone to attend—new members, prospective members, curious community members, long-time members, donors, and volunteers. Hear about current CHV services and programs and learn more about charitable donations and legacy gifts that support CHV as we enter our **20th year of service on Capitol Hill!** Register [HERE](#).



Skip Thompson



Chad Sigmon



Tiffanie Purvis



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1355 E Street SE
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