Capitol Hill Village

NOVEMBER 2026

VILLAGE NEWS



Photo: Maria Helena Carey

Fitness trainer Harold Sanco leads a "Muscle in Motion" session at the annual CHV Get Your Move On! celebration. Attendees could also participate in yoga, demonstrate their percussion chops with the CHV Drum Corps, listen and dance to music from DJ James Sanders, and, of course, take advantage of the vaccine clinic overseen by Grubb's Pharmacy. See pages 12 and 23 for more pictures.

FROM THE BOARD CHAIR

What Will *You* Do This Year to Help CHV Thrive?



Ceci Albert

I am thrilled and honored to assume the role of Chair of the Board of Directors of Capitol Hill Village. I want to thank **Bruce Brennan, Tama Duffy Day**, and **Maury Stern** for their examples, their support, and their continued advice as I assume this position. They each set a high bar!

I joined the Village shortly after my second retirement. My first retirement was after 27 years as an officer in the US Air Force, my second was 20 more years working for Carnegie Mellon University sharing lessons learned from my USAF experience buying software. As a solo ager, my question was whether there was enough support in the community I had lived in for almost 30 years to support me as my needs grew. I realized that the answer was "yes, yes, and …"

Yes, I live in a walkable neighborhood that provides access to groceries, drug stores, and a whole world of cultural engagement by metro. Yes, CHV offers volunteers who will help me avoid tasks that require climbing a ladder, will help me get to doctors' appointments and check in with me to make sure I continue to thrive, and more. Yes, my active participation in the Village can help ensure that the Village grows to provide the kinds of services I think I might need in the future—services perhaps not envisioned by the founders of CHV.

And, the Village provides support if staying in my home becomes

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TrustedRiders Program Expands Medical Transportation Aid for Members

Capitol Hill Village is excited to introduce **TrustedRiders**, a new volunteer program that will help members get to medical appointments and other essential trips with a little extra support along the way. Whether you're already a volunteer driver or completely new to transportation volunteering, we'd love to have you join us!

TrustedRiders are trained volunteers who provide door-through-door accompaniment, meaning they're there to help throughout the entire

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FROM THE BOARD CHAIR

What Will *You* Do to Help CHV Thrive?

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unreasonable. I may not be able to deal with the stairs required to get into and enjoy my row house. I may have cognitive issues that make living by myself unsafe to me or my neighbors. I wish there was a crystal ball that tells me what infirmities are in store for me! "Aging at home" is going to have very different meanings for each of us. In the Plan to Thrive program, CHV offers a chance to explore this question. In addition, our Advocacy Committee is working to get the needs of older adults captured in the RFK Master Plan so that more of our needs can be met in a deliberate intergenerational neighborhood.

So, what are my priorities as Chair?

First, I want more members to get involved as volunteers. We need Affinity Group leaders. If you have a hobby, an interest, or activity you enjoy, chances are there are Village members who are also interested. Take charge of an existing group or start a new group. Use info@capitolhillvillage.org to get the logistics support you need. Or, step up to bigger endeavors, we need people to take on leadership roles in running our Gala, our major annual event, and we used to have symposia regularly to deal with issues ranging from housing options to end of life issues. I would like to see a new generation take these topics on. Bottom line, paying dues is not enough, each of us needs to be actively vested helping our "neighbors help neighbors."

Second, I want to reduce our dependance on government and Foundation grants. Please donate! You may not know that dues pay less than 15 percent of our operating expenses. In Capitol Hill Village we get access to a staff that will go above and beyond to make sure we don't feel alone when the worst happens and provide access to social workers who can help us navigate really frightening transitions.

I look forward to getting to know more of you personally. Please let me, or Judy, our intrepid Executive Director, know how the Village can support you better. We both want to serve you better.

Joining Ceci on the CHV Executive Committee

Stan Soloway, Vice Chair
Susan Sarfati, Secretary
Hank Brothers, Treasurer

TrustedRiders Program Expands Medical Transportation Aid for Members

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trip, not just with transportation—helping someone prepare for an appointment, navigate public transportation, check in at a doctor's office, or making sure they get home safely. TrustedRiders volunteers can make a real difference.

You don't have to be a driver to become a TrustedRider volunteer! We're looking for volunteers who are interested in accompanying members on trips, whether by car, Metro, bus, or rideshare. If you enjoy spending time with members and helping them stay independent and connected to their community, this could be a great opportunity!

Getting started is simple! Volunteers will complete approximately two hours of on-line TrustedRiders training at their own pace, along with a one-hour on-line CPR/AED certification course.

The program is part of a partnership with 11 DC Villages to expand transportation and mobility support across the District. We're excited to bring this additional resource to our members and hope you'll consider being part of it!



Ashvita Vasireddy

Interested in volunteering or learning more? Contact Ashvita Vasireddy, CHV Community and Mobility Wellness Manager, at avasireddy@capitolhillvillage.org.

Wear your love for Capitol Hill Village



CHV's online store is chock full of tees, tanks, sweatshirts, hats, water bottles, and more. Order yours today at: https://www.bonfire.com/store/capitol-hill-village-store/

Each order supports CHV!

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.

CFC Combined Federal Campaign of the National Capital Area
CHV #55474

PROUD MEMBER OF United Way
United Way of the National Capital Area
CHV #8066

SPUR LOCAL 26 CRITICAL NONPROFIT

Call Us: 202–543–1778
(Mon.–Fri., 9 a.m.–5 p.m.)
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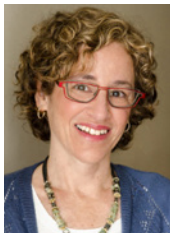
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FROM THE EXECUTIVE DIRECTOR

The Limits of Ageism



Judy Berman

I recently spent a few days with my father in Florida. As many of you know—because I talk about him a lot!—My dad is 98, a retired physician with a great sense of humor and a gentle disposition. He lived pretty independently until about age 95, when his memory loss began to impact his safety. He still lives at home, but with 24-hour care.

It would be easy to imagine that, at this point in his life, it's all downhill, that every time I get to see him, he would have declined a bit further. That's what I thought last year, especially after a 10-day hospitalization following COVID left him so weak he could barely hold up his head. I thought I was seeing the beginning of the end. But his caregivers reassured me that he would improve, and he did, not back to his pre-hospital mobility levels but at least able to sit up, feed himself, and take a few steps with a walker.

So, imagine my surprise when I showed up in mid-October—about 12 weeks since my last visit and a year since his hospitalization—and *his mobility had improved further, from a few steps to walking through the house, from the house to the car, and from the parking lot of his favorite garden to their outdoor café.* **I would call it a miracle but there's nothing miraculous about it.**

He's been getting physical therapy and exercising at home every day. The other day, he said he was ready to go back to the gym. **It's clear—exercise works, and you're never too old to see improvement.**

Perhaps this is why ageism and negative attitudes about aging lead to earlier deaths—because *we read physical changes in our bodies as decline, and we accept limitations created by those changes as permanent.* Medicare reinforces this attitude by limiting access to physical therapy. **But if we choose to see physical change as something we can adapt to, and the limitations as temporary,** perhaps that motivates us to seek physical therapy or other interventions that will help us maintain our mobility. **And if we maintain our mobility, or even just improve our fitness in some way, it has a positive impact on our life span and health span.**

It's hard. Illness is real. Our bodies (like our looks) require more maintenance as we age. And if we weren't especially inclined to exercise and be active at other stages of our lives, it could be hard to start now. But **I urge you to see investing in your mobility as one of the greatest gifts you can give to yourself as you age.** It helps if you truly believe it matters and will make a difference. There are so many things we can't control, but *how much time and energy we invest in maintaining or improving our physical well-being is something we can control.* **It could be the difference between being able to continue to live in our homes or not.**

CHV hosts many opportunities each week for physical activity: yoga, kayaking, drumming, pétanque, tai chi, qi gong, walking. We encourage every CHV member to get involved. If you don't see something you like, talk to us about starting something new. If you need a referral, give us a call.

My dad has been my best teacher about life and aging. Before I was even out of high school, he was teaching me to question ageist ideas about what parts of aging are inevitable and what can be changed. In his own old age, he never complains, but accepts love and care with his trademark humility and often with a well-timed quip. I'm also getting to see what's possible when caregivers

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A Toast to 20 Years for CHV!

Mark your calendar and plan to join us for a "Toast to 20".

Where better to celebrate the 20th anniversary of Capitol Hill Village than at the annual CHV Gala March 13, 2027 at St. Mark's Church.

Why do we have a Gala? *The annual CHV Gala is a critical source of funding that helps sustain programs, services, and activities that enrich lives and strengthen our community.* It will be a night of food, fun, and music, but the real benefit comes from members, volunteers, and friends in the Capitol Hill community whose generous contributions mean that CHV will be able to continue its vital work supporting older adults in our community—helping us stay healthy, engaged, and independent.

The Gala is a great socializing opportunity—not just on the night of the Gala, but in the months leading up to it as CHV and the community come together to plan and produce this signature event: Meet new people. Learn new skills or surface some you did not realize you have. Get introduced to Capitol Hill businesses.

Here's what we need right now.

Salon Events. *Know some interesting people?* If they would likely be interesting to others as well, perhaps they would be willing to speak or showcase their expertise at a Gala Salon. These are intimate dinners or cocktail parties offering the opportunity to converse with captivating, and, frequently, famous people with interesting stories and experiences.

We need help identifying potential speakers and hosts. Salon speakers are frequently, but not necessarily, Capitol Hill residents and have included news reporters, theater executives, musicians, authors, diplomats, political figures, and others with an interesting story.

We're also looking for salon hosts—Capitol Hill residents who may be a CHV member or volunteer, although that is not necessary. If you have ideas for salon guests or hosts, contact Karen Stuck at karenstuck@comcast.net.

Vacation homes. Once again, CHV will offer an on-line auction, which will feature stays of several days or longer in vacation homes at locations throughout the country. This is a way to make one of your favorite places available to others in the community—while also providing a nice infusion of cash for CHV. If you need more information or would like to make a vacation home available in the auction, contact CHV at Gala@capitolhillvillage.org or 202-543-1778.

Contribute to the on-line auction. For the auction, we will be looking for donations of gift certificates from restaurants, theaters, and other businesses. If you frequent a business, consider asking them for a donation to the auction. Remind them of the critical support that CHV provides to older adults, investing in the community to help make Capitol Hill the greatest place to age with dignity.

If you're ready to help with auction items or have questions, contact CHV at Gala@capitolhillvillage.org.

As we get closer to the Gala date, there will be more opportunities to help with tickets and promotion, sponsorships, decorations and more.

Start thinking about how you can contribute to this important event.

Celebrating 20 Years
Capitol Hill Village
Connection
Compassion
Community

The 2027 Gala will benefit from the involvement and support from lots of members and volunteers. Join the Gala Volunteer Corps—it's much more than work!

If you're ready to join the Gala volunteer corps or have questions, contact **Veronica Ferris** at the CHV office at 202-543-1778 or vferris@capitolhillvillage.org.

FROM THE EXECUTIVE DIRECTOR

The Limits of Ageism

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genuinely respect the person living with cognitive decline and choose to see the continuity of his spirit rather than just the deficit in his abilities. The result is that they continue to invest in him and support him in investing in himself.

The last CHV event I attended before going to see my dad was ***Get Your Move On!*** (see photos on page 12). This event has evolved over the years, but it remains at heart **a celebration of being physically active as we age and seeing physical activity as a source of joy.** It also focuses on what we can do rather than what we can't. So, **start where you are, celebrate your successes and keep moving.** *Don't let false beliefs about what's possible and what's not prevent you from reaching your full potential, whatever your age.*

Time to Think about Year-End Charitable Donations

Here are some popular ways to make charitable donations to Capitol Hill Village and the tax implications of each.

Giving Cash or Checks

Giving cash or checks is the most straightforward way to donate. Taxpayers who itemize their deductions can deduct cash donations to the extent that they exceed 0.5 percent of their adjusted gross income up to 60 percent of adjusted gross income. Checks should be sent to Capitol Hill Village, 1355 E St. SE, Washington DC 20003.

Donations of Appreciated Securities

By giving away appreciated stock, the donor gets a tax benefit based on the full market value of the stock and does not pay taxes on the capital gains. The charitable organization does not pay capital gains taxes because of its non-profit status. Taxpayers who itemize their deductions can deduct non-cash donations to the extent that they exceed 0.5 percent of their adjusted gross income up to 30 percent of adjusted gross income.

For a Donation of Stock, instruct your broker to deliver the stock shares to:

The National Capital Financial Group
Pershing LLC (DTC # 0443)
Account Name: CAPITOL HILL VILLAGE
Account Number: A3F764248

After the donation is made, please call the Capitol Hill Village office at 202-543-1778 to advise of the transfer. The name of the donor is not provided to National Capital Financial Group at the time of transfer, so **unless you call the office, they won't know who made the donation**.

Qualified Charitable Distributions (QCD)

Individuals 73 or older are required to take a minimum distribution from their IRA, which is taxable income unless it is donated directly to charity. For these individuals, the IRS excludes from taxable income distributions from IRAs up to $100,000 if the money is donated directly to charities.

The QCD is a great charitable gifting strategy, especially for individuals who would not take any distributions from their IRAs absent the IRS required minimum distribution rules, and who do not itemize their deductions. For these individuals, the donation reduces their taxable income dollar-for-dollar up to the required minimum distribution.

Taxpayers do not need to itemize deductions to benefit from QCDs.

To make a QCD to Capitol Hill Village, contact your broker, financial advisor, or custodian. They will provide you with the required form to make it happen. The donation is made directly from your account custodian to Capitol Hill Village and needs to be deposited by CHV before the end of the year. So allow plenty of time to direct the payment, cut the check, mail the check via USPS, and its deposit by CHV. **The key is to start early.**

Other Ways to Donate

Donating a fully paid-up life insurance policy, setting up a donor advised fund, or establishing a charitable annuity are other ways to make charitable contributions. Please contact a tax advisor to discuss these options.

Donation of a Mutual Fund: Contact Lois Mastel, at the National Capital Financial Group at 202-546-9310 for instructions. Every mutual fund transfer differs, depending on where the funds are held—and it can take 2–3 weeks for the mutual fund transfer to be completed.

Important: If you are making a QCD or mutual fund donation, contact the CHV office to make them aware of the donation, as account custodians often do not provide donor information.



Don't Carry Your Old Car into the New Year

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 help support 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 and St. Coletta: A Partnership Built on Belonging

By Nicole Furnace

Capitol Hill Village has entered into a new partnership with St. Coletta of Greater Washington—a collaboration rooted in a simple, fundamental value: a strong community is one where everyone has a place and belongs.

Although our organizations may seem to serve different people, we have a shared idea of meeting community needs, especially for those who need it the most. CHV supports older neighbors who want to live fully and independently in the homes and communities they love. St. Coletta empowers children and adults with intellectual disabilities to discover their full potential, through a special education charter school at 1901 Independence Ave. SE and adult programs in Alexandria and Rockville.

The overlap is hard to miss. St. Coletta says it sees potential where others see limitations, family where others see clients. CHV has always believed that growing older should not mean fading out of community life. Both organizations hold that everyone has the right to dream, develop, and contribute at every stage and ability of life. Both are built on neighbors, volunteers, and dedicated staff and supporters who show up, again and again.

St. Coletta's vision is for people with intellectual disabilities to be recognized as valuable contributors to the world around them. We could not have said it better ourselves, and we believe it applies to every person in our community, whatever their age or ability.

A First Step Together

The first fruit of this partnership is Memory Studio, a Saturday art and music workshop hosted at St. Coletta's Charter School for people experiencing memory loss with respite and support for their care partners. It is a creative space built around what people can do, and a good example of what our two organizations can do when we pool our strengths. It is the first of many projects we hope to share.



Strengthening Ward 7 Connections

This partnership also helps strengthen CHV's connection with the Ward 7 neighborhoods in the CHV footprint. By working alongside a respected, mission-driven partner, we hope to build and strengthen relationships with older adults, families, and care partners. We also want to make our events, programs, and volunteer opportunities easier to reach and more welcoming to everyone.

Community is strongest when it flows in both directions. We are not coming to Ward 7 with all the answers. We want to listen, learn, and build together.



CHV Outreach Programs Manager Nicole Furnace and Julia Robey Christian, Director of Communications and External Affairs at St. Coletta of Greater Washington.

None of this would be possible without the generosity of the St. Coletta of Greater Washington staff and board. From the first conversation, they met us with openness, creativity, and a willingness to say yes. They have given their time, expertise, and trust, and helped this partnership take root and begin to flourish.

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Making the Public Library More Accessible

There are many useful accessibility initiatives offered by the DC Public Library.



The DC Public Library is part of the **National Library Service for the Blind and Print Disabled**, which is accessible to eligible DC Public Library card holders. If you have low vision, are blind, or have trouble physically holding a book, you can receive a free Talking Book player and cartridges with audio books on them. If you are a braille reader, you can receive printed braille materials or a library-loaned braille eReader. To access this service, complete an NLS application online, in-person, or with help from a library staff member on the phone. For more information go to https://www.dclibrary.org/using-the-library/dc-talking-book-and-braille-program-nls.

DCPL also offers **Library by Mail**. This is a great service for people who may have difficulty leaving their homes (or may be recovering from a medical procedure). Library By Mail gives you access to library books and DVDs at home via a user-friendly mailable pouch. The service is available to DC residents of all ages who are unable to visit the library due to a permanent disability (one year or more), temporary disability (up to one year or less), or underlying health conditions. To learn more and apply go to https://www.dclibrary.org/using-the-library/library-mail.

The Martin Luther King Library, 901 G St. NW, offers classes throughout the year on adaptive technology, braille, and American Sign Language. Some classes are in-person while others are on Zoom.

The MLK Library also hosts a monthly Accessible Game Meet-Up featuring board and card games with tactile features and braille labeling. The American Library Association celebrates International Games Month in November, so take this as a sign to check out accessible games at the MLK Library on November 14 from 3:30–5:00 p.m.

CHV and St. Coletta of Greater Washington *cont. from page 6*

What's Next

Memory Studio is only the beginning. Watch for more information on events and activities coming out of this partnership, including gatherings, creative programs, and chances to connect across neighborhoods and generations.

Get involved right now:

- **Volunteer.** Whether you can lend a few hours, a talent, or a ride, we would love to have you. Contact CHV at 202-543-1778 or info@capitolhillvillage.org to find a fit for your schedule, interests, and talents.
- **Spread the word.** Tell a neighbor, friend, or family member who might benefit from what is ahead with CHV in Ward 7.
- **Get to know St. Coletta.** Visit stcoletta.org to learn about their school, adult programs, and the Coletta Collections website at www.colettacollections.com, featuring jewelry, accessories, and home décor crafted by artisans with disabilities.

Help Us Discover Ward 7's Hidden Gems

Every neighborhood has its treasures: the best spots to take in a sunset, the garden that blooms every Spring, the neighbor who has been quietly looking out for the block for decades. We want to find them in Ward 7, and we need your help.

Tell us about the places, people, and traditions that make Ward 7 special, and the spots for gathering, partnering, and building community. Send your suggestions to Nicole Furnace, CHV Outreach Programs Manager at nfurnace@capitolhillvillage.org.



Nicole Furnace

[We're pleased to have Nicole Furnace back with CHV as a contractor focused on outreach to parts of the Hill currently underserved by CHV.]

VILLAGE VOICES

Upcoming Village Voices Speakers

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

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



Susan Punnett is founder and executive director of the Initiative, focused 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.

You can view past programs at this link: CHV Youtube Channel.

Veo Introduces New Three-Wheeled Rover

Capitol Hill Village welcomed Veo back to the Get Your Move On! event this year introducing members and community residents to shared micromobility options and offering free test rides and opportunities to learn more about their vehicles.

Veo returned with the newly released three-wheeled Rover, giving attendees a chance to see how their feedback helped bring the vehicle to life. Last year, Veo brought early mockups of the Rover and invited attendees to share their thoughts and feedback. That feedback, along with input from other community groups, helped shape the final design.

The new three-wheeled Rover could be a great transportation option for older adults on Capitol Hill, especially those looking for an easier way to transport groceries or other items. Based on feedback from attendees who tested the Rover, the vehicle felt stable and easy to use. With its three-wheel design and ability to carry cargo, the Rover offers another option for residents looking to get around their communities while maintaining their independence.



Photo: Maria Helena Carey

Veo's continued partnership with CHV highlights the importance of including older adults in conversations about transportation and mobility. By creating opportunities for hands-on learning and community feedback, Veo is helping make shared micromobility more accessible for people of all ages. CHV appreciates Veo's continued support of Get Your Move On! and looks forward to future opportunities to collaborate on making transportation more accessible for older adults in DC.

What's New and Changing in Medicare: How to Make the Most of It

Excerpted from a story by Steve Gurney in PositiveAging Sourcebook

We're in the annual window to review Medicare health and drug coverage and make changes for the year ahead. Even if you're happy with your current plan, experts agree it pays to take a fresh look: plans can change their premiums, drug lists, and provider networks from one year to the next, and what worked well in 2026 may not be the best fit in 2027.

Mark your calendar

Open season began October 1 and runs through December 7. This is your chance to join, switch, or drop a Medicare Advantage Plan or Medicare drug plan, or to return to Original Medicare. Plan details for 2027 are available to review at https://www.medicare.gov/plan-compare/#/?lang=en&year=2027 so you can see how your current coverage stacks up.

- **January 1.** New coverage begins if you made a change. If you stayed put and your plan changed its costs or benefits, those changes also begin.
- **January 1 – March 31:** Medicare Advantage Open Enrollment. If you're already in a Medicare Advantage Plan, this is another opportunity to switch to a different Advantage Plan or move to Original Medicare (and add a separate drug plan).

Reduced prescription costs

For many, the most welcome news is at the pharmacy counter. In 2027, out-of-pocket costs for covered Part D drugs are capped at $2,400. Once you reach that limit, you'll pay nothing for covered drugs for the rest of the year.

Negotiated prices for the first 10 Part D drugs took effect in January 2026, and prices for 15 more take effect January 1, 2027. Drugs on the list include Linzess, Otezla, and Xtandi, among others; a full list is at https://www.cms.gov/files/document/fact-sheet-negotiated-prices-ipay-2027.pdf If you take one of these medications, check with your plan to see how the change affects you. Some drugs have been "deselected" meaning they have been or will be removed from the list on a schedule. They include Stelara, Entresto, Xarelto and Novolog. For more information about those drugs, go to the following page and scroll down: https://www.cms.gov/initiatives/medicare-prescription-drug-affordability/overview/medicare-drug-price-negotiation-program/selected-drugs-negotiated-prices.

Insulin remains capped at no more than $35 for a one-month supply of each covered product. And if a large prescription bill in January is hard to absorb, the Medicare Prescription Payment Plan lets you spread out-of-pocket drug costs across the year. It doesn't lower your total cost, but it can make budgeting easier. If you're already enrolled and keep the same plan, you'll be renewed automatically for 2027.

What's new in 2027

- **GLP-1 weight-loss drugs**. Through the new Medicare GLP-1 Bridge program, which began July 1, people with Part D who meet certain requirements can get access to certain GLP-1 drugs for weight loss for a $50 monthly copayment. Details are at at https://www.medicare.gov/coverage/weight-loss-drugs.
- **Telehealth extended.** Medicare's telehealth flexibilities have been extended through December 31, 2027, so you can continue seeing providers virtually from wherever you are.
- **A new chronic care model.** ACCESS is a voluntary program for people in Original Medicare that helps manage chronic conditions like diabetes, obesity, and depression, including access to at-home tools like remote monitoring and wearable blood pressure monitors. Ask your doctor whether they participate.
- **Easier, safer account access.** You can now log into your Medicare.gov account using ID.me, CLEAR, or Login.gov in addition

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Get your copy of the Medicare handbook

The new "Medicare & You 2027" handbook is out. It's the official guide to how Medicare works, what it covers, and how to choose the coverage that's right for you; it also highlights the important changes. It's available in accessible formats and other languages as well.

Download it free at medicare.gov/medicare-and-you

You can also sign up at Medicare.gov/go-digital to receive the handbook electronically going forward.

Announcements & Passages

Margaret Roth Brown, a long-time Capitol Hill resident, passed away in April. Her interests and curiosity carried her far beyond Capitol Hill—from the collections of the Library of Congress to the animals of the National Zoo and the lemurs of Madagascar. When Margaret first came to Washington, she worked at the National Gallery of Art and with an art conservator. Her interests also led to a small postcard business creating pen-and-ink drawings of animals, particularly those at the National Zoo.

Margaret had a 35-year career with the Library of Congress. She believed that government, at its best, was a vessel for doing things for the good of all people—particularly things that were important but would never be profitable. At the Library's Conservation Office, she helped



Ring-tailed lemurs were favorites of Margaret.

care for some of the nation's most important historical treasures. She remembered with particular awe handling George Washington's letters and escorting Abraham Lincoln's Gettysburg Address when it was loaned to Gettysburg.

After retiring from the Library, she returned to art. Her interest in the natural world led her to learn about the important role bats play in ecosystems, eventually inspiring a trip to Madagascar. There she spent two weeks on a bat-focused tour, while also seeing lemurs in the wild. She later created a series of pastel drawings of lemurs and had them made into postcards—bringing her artistic and naturalist interests full circle.

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

What's New and Changing in Medicare *continued from page 9*

to a username and password.

- **Eligibility change.** New enrollees must now meet certain citizenship, nationality, or immigration status requirements to sign up for Medicare.
- **Rural health investment.** A new Rural Health Transformation Program is supporting states in strengthening care options closer to home for rural residents.
- **Stay alert to fraud.** Medicare says it's stepping up its fight against fraud, including using AI tools to catch improper payments early. **But your vigilance still matters, especially during Open Enrollment, when scam calls tend to spike.** Review your Medicare Summary Notices and statements for services you didn't receive, guard your Medicare card and number like a credit card, and **report anything suspicious** by calling 1-800-633-4227 or Report Medicare Fraud online.

2027 Premiums

The Medicare and You 2027 handbook went to print before Medicare announced 2027 premiums and deductibles for Parts A and B, so it lists 2026 figures (for example, a standard Part B premium of $202.90). Watch for the official 2027 numbers, which are expected to be announced in November.

Free, unbiased help is available

You don't have to navigate this alone. Every state has a State Health Insurance Assistance Program (SHIP) offering free, one-on-one counseling from trained volunteers who don't sell insurance. Contact District of Columbia SHIP at 202-727-8370.

Palisades Village is hosting an information session with DC SHIP on November 4 from 2:00-3:00 p.m., and all DC Village members are invited. Sign up at https://palisades.helpfulvillage.com/events/3590.

You can also call 1-800-633-4227 (TTY 1-877-486-2048) around the clock, or find a SHIP anywhere at https://www.shiphelp.org/. If you have limited income, ask about Extra Help and Medicare Savings Programs, which can significantly lower your premiums and drug costs.

The bottom line: set aside time to gather your list of medications and doctors and compare your options. A little time now could mean real savings, and peace of mind, in 2027.

"Good Eats" from CHV and Our Friends

Capitol Hill Village will again offer free Thanksgiving meals for members, hand packed and delivered to your home by volunteers. You may order for yourself and up to one guest.

Deliveries will be made on the afternoon of Wednesday, November 25. While the exact menu has not been set, we expect to have Thanksgiving's greatest hits including turkey, green beans, potatoes, gravy, and pie, as well as an alternative main course for vegetarians.

You must register to receive a meal by 3:00 p.m. Monday, November 23 at: https://capitolhill.helpfulvillage.com/events/15088. Please indicate if you would like a guest plate.

"Tickets" are free—it's just a way to have separate sign-ups for meals and volunteers. Don't let that "Purchase Tickets" button scare you!

We Can Use Volunteers…

On November 25, volunteers will gather at the Lockwood Conservatory, 1335 E St. SE, at 11 a.m. to pack the dinners and set off around 1 p.m. with deliveries. Contact the office and let them know you want to join the fun!





Thanks so much to the following meal sponsors:

MR. HENRY'S
WASHINGTON, D.C.

Fulcrum RESIDENTIAL



Writing a Tribute for a Friend

By Scott Price

Occasionally I organize a 'living wake' to ensure that good people learn all the wonderful things their friends and relatives will say, but they won't be able to hear, at their memorial service.

Select any excuse for the event, e.g., a birthday, Arbor Day for a gardener, etc.. Solicit memories from friends, and fashion them into a tribute or perhaps a memory notebook.

I don't write well, and so usually use ChatGPT to fashion the text into the style of Dr. Seuss' poetry about the people in Whoville, e.g., for a retiring surgeon:

Dr. XXX indeed has a magical knack,

For fixing a tooth or adjusting a crack.

He'd smile and say, "Let's begin, have no fear!"

And poof! all the panic would just disappear.

His hands are like feathers, but strong as a clamp—

The kind you could trust on a passport or stamp!

He numbed what no others could ever quite find,

With powers that bordered on genius of mind.

While others would poke, or dig with a frown,

He floated in gently and never bore down.

A whisper! A buzz! Then a wiggle or two—

And suddenly, chewing felt brand-new!

If you are interested in the use of AI to write tributes for friends (or for another use), please contact me at ScottPrice517@gmail.com.

Moving to Good Health













Capitol Hill Village members, volunteers, and community friends were moving and grooving at CHV's annual Get Your Move On! Festival at Eastern Market on October 15.

The robust program featured yoga led by CHV member Robin Blum, 'Muscle in Motion' with fitness trainer Harold Sanco, drumming with CHV's Drum Corps, a bike demonstration by Veo, vaccinations provided by Grubb's pharmacy, and of course lots of singing and dancing courtesy of CHV DJ James Sanders. Nearly 50 people were vaccinated, and everyone learned practical exercises and tips to stay healthy.

CHV extends appreciation to event sponsors for their generous support:

- JPM Real Estate
- Anonymous
- Veo
- Goodwin Living at Home
- The Lockwood
- Georgetown Home Care
- Ingleside at Rock Creek
- SmithLife Homecare
- Wegman's

Also, a shout-out to the volunteers, members, and staff who made the event a success.

Photographs by Maria Helena Carey.
See more photos on page 23.



Making Sense of Dates on Food Packaging



Reducing food waste is a worthy endeavor, but replacing a pantry staple is far less costly than risking food-borne illness. While in many cases, shelf-stable goods can sit on the shelf for months without cause for concern, the condition of the food, how it's been stored, and whether its packaging remains intact are important indicators of whether it's still safe to eat.

- **"Best-by" dates** are what you usually see on packaging; they don't reflect safety, so foods often remain edible well beyond the printed date. Manufacturers add built-in buffers to "best-by" dates, allowing many shelf-stable foods to last far longer than expected.
- A few food items carry **"expiration" dates**, which should be adhered to.
- **Smell, look, and texture** matter more than dates—off odors, mold, or slime are the true signs to discard food.

Some Specifics

- **Powdered infant formula** should *never* be used past its printed expiration date.
- No matter how recently you purchased the product, **damaged canned foods should never be consumed.** The dates on most labels are "best before" dates, which indicate quality rather than safety, so it's important to pay close attention to the condition of the cans themselves.
- **Never ignore any damage to packaging, especially to the seals.** Swollen cans are a warning sign that bacteria are growing in the can. This type of damage can compromise the airtight seal, creating conditions that allow clostridium botulinum to grow and produce the botulinum toxin, which causes botulism, a rare but potentially life-threatening illness.
- **Flour** is not heat treated and might contain pathogenic bacteria and lose quality over time. Storing flour in the freezer helps kill unwanted pests and prevent rancidity.
- **Rancid oils often develop sharp or stale odors.** While rancidity doesn't typically pose the same food safety concerns as bacterial contamination, it significantly reduces quality
- **Beans and Spices.** In these cases, old doesn't necessarily mean unsafe—but it may mean less flavorful. The primary concern after the "best-before" date is a decline in quality rather than a risk to safety. Dried beans may take longer to soften during cooking as they age, while herbs and spices gradually lose aroma and flavor.

The condition of the food and its packaging matters. If the packaging is compromised or the food looks, smells, or feels unusual, it's best not to take the risk.

USDA Food Safety Basics: https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics.

Road Scholar Opportunity for CHV Members

Many of you are familiar with the travel opportunities offered by Road Scholar, a nonprofit educational travel organization offering adventures in the U.S. and around the world.

Road Scholar has arranged a special "Island Adventures" trip to Chincoteague and Assateague Islands (off Virginia's Eastern Shore) in Sept. 2027, and Capitol Hill Village members have been invited to join the trip.

Slots are beginning to fill, and the Village to Village Network is hosting a presentation from Road Scholar on Thursday, November 12 at 1:00 p.m.

Frania Monarski, longtime director at Road Scholar, will talk about Road Scholar learning adventures in general--their planning, their philosophy, their model--while another part of the presentation will focus on this specific trip. The coordinator of that trip will provide full details about this trip. Zoom link for Nov. 12 session: https://us02web.zoom.us/j/82694931467?pwd=mpQlDEJ52kMAgXjhbsW6GWQ9mC6Syh.1

More information about Road Scholar is at: https://www.roadscholar.org.

They Don't Always Need a Car

CHV members Joel and Susan Sarfati (Susan is also on the CHV Board) starred in a recent WMATA posting on X during its "Week Without Driving" campaign—including a shout-out to Capitol Hill Village.

This adventurous couple has been married for 62 years! Now in their 80s, they still rely on public transit every day to get around. As members of Capitol Hill Village, a nonprofit that helps older adults stay active, connected, and engaged in their community, they're always on the go. From medical appointments to visits to their favorite museums, including National Museum of African American History & Culture where Susan volunteers, Metro helps them get around and continue doing the things they love. For older adults who may be hesitant about going a week without driving, Susan has simple advice: "It would make your life much easier. You don't have to worry about traffic or parking because the system gets you where you want to go." And for Joel? The biggest benefit is the freedom to go where he wants, especially with his Senior Smart Trip discount: "For older individuals, what is it, $1.10 to get someplace? You can't do anything for $1.10!" Joel and Susan remind us that public transit can help people stay active, connected, and adventurous at any age.



This Month's Recipe: Rava Ladoo



By Ashvita Vasireddy

One of my favorite parts of growing up in an Indian household was celebrating Diwali with my family. Diwali, which falls on November 8 this year, is celebrated by millions of people across India and around the world. At the heart of the holiday is the idea of light triumphing over darkness, knowledge over ignorance, and hope over negativity. Families celebrate by lighting diyas (small oil lamps), decorating their homes, gathering with loved ones, and, of course, making lots of sweets.

That message of choosing light over darkness feels especially meaningful to me this year. With so much division and uncertainty in our country and around the world, I think there's something powerful about a holiday that reminds us that even during difficult times, we can choose hope, kindness, community, and care for one another.

Diwali also brings back some of my favorite childhood memories. I used to make rava ladoos with my grandmother during the festival, and they're still one of the foods I immediately associate with this time of year. Rava ladoos are small Indian sweets made with rava (semolina), sugar, ghee (clarified butter), coconut, cardamom, and nuts. They're sweet, buttery, and a little nutty; making them brings back memories of being in the kitchen with my grandmother.

Ingredients *(NOTE: You can purchase fresh coconut at Paik Produce and ghee at Bowers Fancy Dairy Products, both at Eastern Market. Whole Foods and other grocers carry semolina flour.*

- 1 cup rava (semolina flour)
- ½ cup grated fresh coconut
- 3 tablespoons ghee (clarified butter)
- 10–15 cashews
- 10–15 raisins
- 1 cup sugar
- ½ cup water
- 3–4 cardamom pods, ground

Directions

1. Mix the rava and grated coconut together and let the mixture rest for about 2 hours.
2. Heat the ghee in a pan. Fry the cashews and raisins, then remove them and set aside.
3. Add the rava and coconut mixture to the pan and roast over low heat until lightly golden and fragrant, about 20-25 minutes.
4. In a separate pan, combine the sugar and water and cook until it forms a slightly stringy sugar syrup.
5. Turn off the heat and mix the roasted rava, cashews, and raisins into the sugar syrup. Allow the mixture to cool until it is warm enough to handle.
6. Add the cardamom. Lightly grease your hands with ghee and roll the warm mixture into small, round ladoos. Don't wait until the mixture is completely cool, the warmth helps them hold their shape.
7. Let the ladoos cool completely and enjoy!



Celebrating CHV Donors

Remarks by Executive Director Judy Berman at the Capitol Hill Village donor reception at the home of Don Patron and Ben Guterman.

Let's raise our glasses in a toast to 20 years of CHV!

In its 20-year existence, CHV has made a huge difference, not only in our community but in the region. There are now 79 villages in the DMV, with more in development—the highest concentration of Villages in the country. They grew from our example, 20 years ago.

But while there are many, there are NONE exactly like CHV.

Every year, CHV facilitates over 5000 contacts between vulnerable older adults and volunteers. We quite literally change lives.

- **We have become THE national resource on LGBTQ inclusion in Villages.** We educate other villages about what inclusion looks like. This past year, we held 33 LGBTQ-specific programs in addition to creating a sense of belonging at all our 1,200 programs and events.
- **We have provided 770 years of support through subsidized memberships.** No one is excluded from CHV for inability to pay.
- **We have a Net Promoter score of 99**—meaning that 99% of our members would recommend us to others.







Huge thanks to our hosts; to our Development Committee, especially Kathleen O'Leary, Peter May, Bruce Brennan and Nancy Deck; to the CHV Board; and a warm welcome to our newest Board members in attendance: Julie Washburn, Leniqua'dominique Jenkins, Dick Hoagland, and Barbara Fox.

November Events

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 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.

Monday, November 2, 7:00–8:00 p.m.

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

See story on page 8.

Open to all.

Tuesday, November 3, 6:00 p.m.–9:00 p.m.
The Residences at Eastern Market, 6th floor, 777 C St. SE

Seniors Defending Democracy

Join Seniors Defending Democracy election night watch party! The TVs will be tuned to watch the returns, and pizza and popcorn will be provided. Please bring additional snacks and drinks to share. It should be an incredibly interesting night, and we'll all be together to track the shifting balances of power, the key races, and the certainty of surprises.

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. 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, November 4, 4:00–5:30 p.m.
As You Are, 500 Eighth St. SE

LGBT Member Meetup

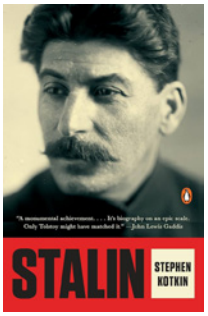
This is a group for CHV members and their friends. Get to know your neighbors at Capitol Hill Village's monthly LGBT Member Meetup. Enjoy an afternoon of socializing—RSVP required!

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.

Thursday, November 5, 3:00–4:00 p.m.
Private Home

History & Biography Group



At this meeting, we will discuss various biographies (your choice) of Joseph Stalin. Please let me know if you have any questions: Dennis McGovern, 202-258-6675.

Members and volunteers.

Saturday, November 7, 10:30 a.m.–1:00 p.m.
U.S. Treasury, 1500 Pennsylvania Ave. NW

Urban Walkers: 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.

Open to all.

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November Events *continued from page 16*

Tuesday, November 10, 3:00–4:00 p.m.

Virtual Event: Parkinson's Support Group

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

Open to all.

Wednesday, November 11, 10:30 a.m.–12:00 p.m.
Private Home

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, November 11, 2:30–4:30 p.m.
Private Home

Poetry Readers

Each attendee is invited to bring a poem to read and share with the group. Join us for a lively conversation about what the poem says to us and more exploration of the topics the poems touch on.

Members and volunteers.

Wednesday November 11, 5:00–6:30 p.m.
Location TBD

Seniors Defending Democracy

General discussion of election results and what it means for DC, the country and the world. See the Nov. 3 entry for further info.

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.

Thursday, November 12, 10:30 a.m.–11:30 a.m.
Capitol Hill Towers, 900 G St. NE

Tech Training with Myles



Myles Nienstadt

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

Members only.

Thursday, November 12, 2:00–3:30 p.m.
Capitol Hill Towers, 900 G St. NE, 4th floor Library

Audio Book Club

James Sanders is leading the CHV Audio Book Club affinity group to accommodate members who are visually impaired. It will operate as a traditional book club, but with an audio component for those who may be visually impaired or prefer listening to books rather than reading them.

Open to all.

Thursday, November 12, 2:00–4:00 p.m.
Labyrinth, 645 Pennsylvania Ave. SE

Games and Puzzles



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

Open to all.

Thursday, November 12, 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 availability: Union Town (hopefully available soon), Unabomber, The Constant Gardener, The Lives of Others, Absence of Malice, The Social Reckoning, You Can See Everything (now showing

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November Events *continued from page 17*

Cinephiles *continued*

at Angelika PopUp, Alamo Drafthouse, and Regal Gallery Place), and Naza.

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

Members only. **Registration required.**

Friday, November 13, Starting at 9:00 a.m.
Your Home

Goodwill Pick-up

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

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

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



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

Members only.

Friday, November 13, 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.

Saturday, November 14, 11:00 a.m.–3:00 p.m.
St. Coletta, 1901 Independence Ave. SW

Memory Studio



Memory Studio is an art and music workshop for Individuals with memory loss with respite services for care partners. It will be offered most Saturdays.

Join Capitol Hill Village and Teaching Artist Nephelie Andonyadis for a program of music and art. This workshop series will include live music, movement and art activities inspired by work from the Phillips Collection. Lunch will be served. Enjoy a creative environment without judgement, where the goal is to be present, have fun, and to focus on what folks can do rather than what they can't.

No formal dementia diagnosis is required. Anyone who is experiencing memory loss or cognitive challenges, especially if those challenges are changing the way they engage with others and causing concern for care partners, are welcome to participate. Transportation assistance may be available to those within the CHV footprint.

Care Partners are welcome but not required to stay or participate. Programming for care partners will include a rotating set of supports including an optional support group and opportunities for nurture, like massage. Care Partners are free to use the time in whatever way fills their cup on any given day.

There is no online registration for this program. Those interested must contact CHV for an assessment of eligibility and an intake interview. Call 202-543-1778 and ask for Judy or email info@capitolhillvillage.org.

Open to all.

Monday, November 16, 1:00 p.m.
Tunnicliff's, 222 Seventh St. SE

Wyze Guyz

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

Members and volunteers.

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November Events *continued from page 18*

Monday, November 16, 3:00–4:00 p.m.

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

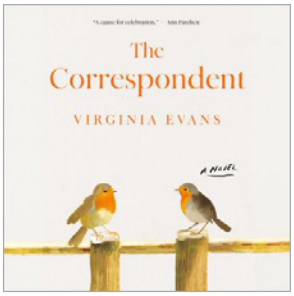
This is a discussion group for men to talk about self-care, especially, but not exclusively, as it relates to caring for others, such as a loved one with an illness or disability. See the Nov. 2 entry for further info.

Open to all.

Tuesday, November 17, 4:30-6:00 pm.

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

Village Literary Club



Note: Sign up by Monday, November 16.

In November, the Village Literary Club will read *The Correspondent* by Virginia Evans (2025, 304pp), Fiction.

Members.

Tuesday, November 17, 6:00–7:15 p.m.

Virtual Event: LGBTQ Social Hour

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

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

Wednesday, November 18, 4:00–6:00 p.m.

The Residences Library, 333 Eighth St. SE

CHV Happy Hour

The CHV BYOB Happy Hour is open to members and their friends or invitees. The focus will be on having great conversations and making new connections. Feel free to bring a nibble to share; cups and napkins will be provided.

Members and Volunteers.

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.

Thursday, November 19, 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.

Friday, November 20, 11:00 a.m.–12 Noon

Northeast Library, 330 Seventh St, NE

Senior Medicare Patrol

Learn about Medicare Open Enrollment and understand your options for reviewing and changing your Medicare health and prescription drug coverage. This presentation will also help you recognize misleading marketing tactics, avoid Medicare fraud and scams, protect your personal information, and make informed decisions when choosing a Medicare plan. In addition, you will learn about the Legal Counsel for the Elderly (LCE) and the free legal services available to eligible older adults, including assistance with advance planning, housing, consumer issues, public benefits, and other legal matters.

Open to all.

Friday, November 20, 1:00 p.m.–2:00 p.m.

Virtual Event: Your Home, Your Future: Creating a Plan for What's Next

This seminar (including time for FAQ) is designed to help people think ahead, understand their choices, and begin creating a plan that works for them and their family—whether they are considering a move soon or simply want to be better prepared for the future.

Howard Salpeter is the Downsizing Navigator as well as a Capitol Hill Village volunteer. He will address questions such as: Where do we start? What do we do with everything in the house? What are our housing options? And more! Register here and read more about the seminar.

Open to all.

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November Events *continued from page 19*

Sunday, November 22, 2:30–6:00 p.m.
Mosaic Theater, 1333 H St. NE

CHV Theater Group

The Village Theater Group is supporting smaller theaters this year. On November 22, we will see the 2:30 matinee performance of *My English Persian Kitchen* at Mosaic Theater. People should buy theater tickets on their own and plan to join the group for a meal after the play. For regular information and updates, subscribe to the Theater Group in Village Talk in CHV's Helpful Village website.

Members.

Wednesday, November 25, 10:30 a.m.–12:00 p.m.
Southeast Library, 403 Seventh St. SE

CHV Community Drum Circle



Join us every other week for an hour of uplifting sound and 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, November 25, 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 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, November 25, 11:00 a.m. to 2:00 p.m.
Packing–about 11:00 a.m.; Delivery–about 1:00 p.m.

Lockwood Conservatory, 1335 E St. SE

Help Package and Deliver Thanksgiving Meals



On November 25, CHV volunteers will gather at the Lockwood Conservatory to pack dinners and set off with deliveries. Contact the office and let them know you want to join the fun! See page 11 for further information.

November 25–26

CHV Office Closed for Thanksgiving



Monday, November 30, 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 Nov. 2 entry for further info.

Open to all.

Wednesday, December 2, 3:30–4:30 p.m.

Virtual Event: What We're Hearing

Do you experience hearing loss? Join CHV's virtual affinity group focused on hearing impairment, hearing loss, and deafness. Please contact Alex Smith with questions or concerns: asmith@capitolhillvillage.org or (202) 543-1778. See the Nov. 3 entry for further info.

Open to all.

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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.
Second and I Streets. SE

Petanque



Join a group of Capitol Hill enthusiasts for a friendly game of Petanque, which is the French game of boules and similar to the Italian game of bocce. Paul Cromwell provides instruction for beginners. For more information, contact Paul at: pcromwell23@gmail.com

Members and volunteers. **Registration required.**

Mondays, 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.

Virtual Event: Living Your Best Life

Living Your Best Life: A Health & Wellness Goal Setting Program is a nine-week program, which opened October 12, 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. "This program is for LGBTQ+ older adults who live in Washington, DC. Registration is closed at this time, but we hope to offer this program again in the future." You can also change the contact email to my email, as Sophia is out on leave right now.

The program includes an introduction/intro 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 asmith@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.

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Ongoing Events *continued from page 21*

Tuesdays and Thursdays, 10:00–11:00 a.m.
The Residences at Eastern Market, 6th Floor, 777 C St. SE

Qigong **No session Nov. 26*

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 for information on starting your own group.

Members and volunteers.

Wednesdays, 12 Noon–1:00 p.m.

Virtual Event: Meditation Hour

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

Open to all.

Wednesdays, 12:30–2:00 p.m.
Capitol Hill Arts Workshop, 545 Seventh St. SE

Second Wind Chorus

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

For more information about 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:

- Nov. 4 at Labyrinth Games & Puzzles, 645 Pennsylvania Ave. SE;
- Nov. 11 at Tunnicliffs, 222 Seventh St. SE;
- Nov. 18 at Tunnicliff's;
- Nov. 25 at Mr. Henry's, 601 Pennsylvania Ave. SE.;
- Dec. 2 at Labyrinth.

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

Thursdays, 9:30–11:30 a.m. **New Group*

Long Walkers

We will take walks of three to five miles in the area. The group has walked at Congressional Cemetery and on the National Mall. Future walks are TBD. Please be sure to register on the CHV on-line calendar so we know to expect you!

Open to all.

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.

More Moving to Good Health

See the story and additional photos on page 12. Photographs by Maria Helena Carey.





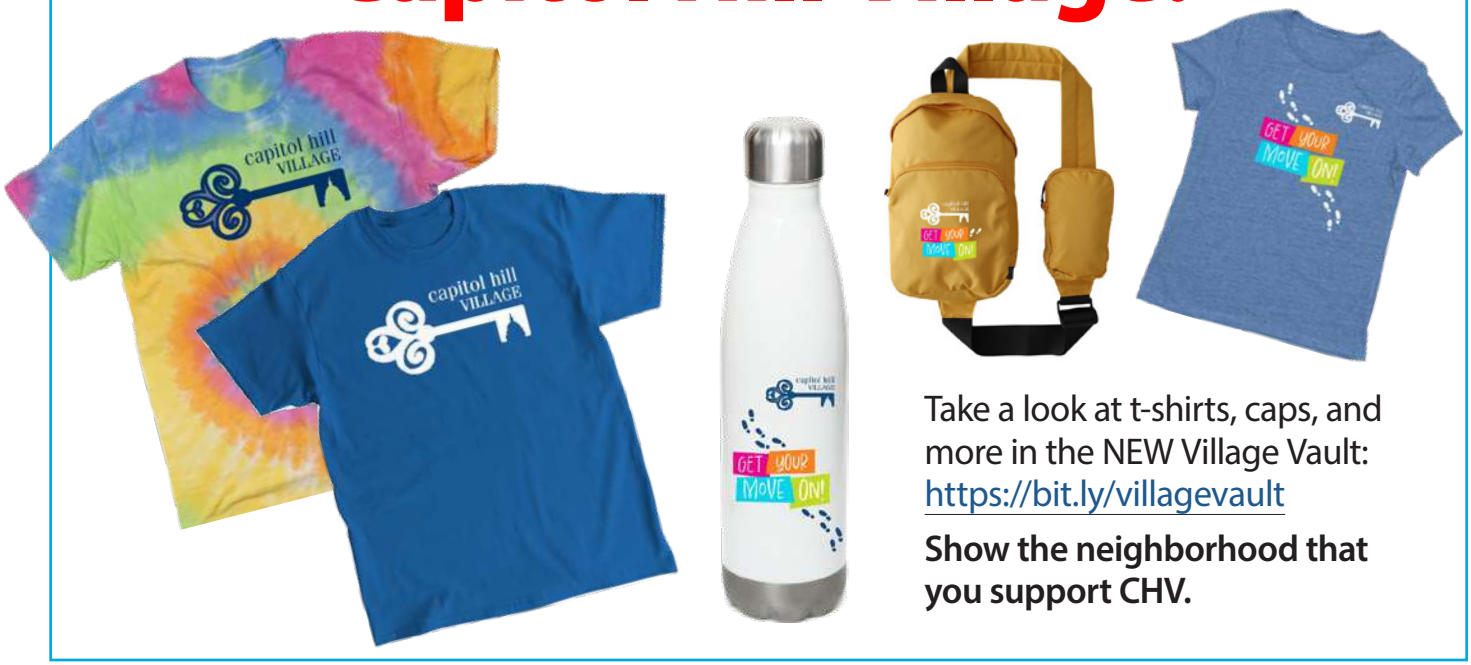








You can wear your love for Capitol Hill Village.



Take a look at t-shirts, caps, and more in the NEW Village Vault: https://bit.ly/villagevault

Show the neighborhood that you support CHV.

Capitol Hill Village

Capitol Hill Village
1355 E Street SE
Washington, DC 20003