

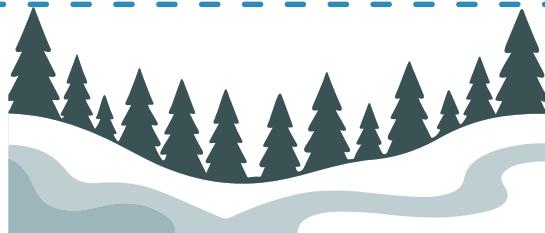
COFFEE AND CONVERSATION

Every Wednesday
from 10-11 am
February 2026



Join Our Weekly Speaker Series!

Attend via Zoom



Wed, February 4, 2026: *American Eldercide*

Twenty percent of Americans who died of COVID in 2020 were older, indigent adults, mostly women, living in nursing facilities - though they make up less than 1% of the population. In her latest book, *American Eldercide: How It Happened, How to Prevent It*, Margaret Morganroth Gulllette explains how an elder-hostile administration and a youth-focused bias in lifesaving care prematurely killed this vulnerable population. She outlines changes in policy and culture to address ageist indifference and lethal ageism. Dr. Gulllette is a Scholar at the Women's Studies research Center at Brandeis.

Wed, February 11, 2026: *Hearing Loss*

Untreated hearing loss is linked to social isolation, depression, loneliness, and cognitive decline. Learn about hearing aids and other strategies for living with hearing loss from Bonnie O'Leary, hearing loss support specialist from the Northern Virginia Resource Center for Deaf and Hard of Hearing Persons. Bonnie will discuss hearing loss in general: hearing evaluations, how to interpret an audiogram, the difference between an audiologist and a hearing instrument specialist, differences between over the counter and prescription hearing aids, and some useful apps.

Wed, February 18, 2026: *Virginia Hospice*

For forty years, JSSA Hospice has been providing hospice in Montgomery County Maryland and now we are pleased to announce the opening of our Northern Virginia branch. Chelsea Swink, RN, CHPN, Director of Nursing and Clinical Services with JSSA Hospice Northern Virginia will explain the reasons for this service expansion and give an overview of hospice and its history. Volunteering is a powerful way to help neighbors at end of life and Chelsea will also explain JSSA Hospice's volunteer program and how you can get involved.

Wed, February 25, 2026: *Driver Safety & Mobility as We Age*

Are you planning for a driving retirement? It's not easy to talk about, but as we get older, physical changes can make it harder to get around and do things we want or need to do - like driving, shopping, or doing household chores. Our expert guest speaker, Kurt E. Gray, KEG Consulting Driver Safety Services, encourages a comprehensive approach to addressing these issues that essentially impact independence and quality of life. Join us as we discuss the various challenges that aging drivers face - and the tools and resources to help them drive safer, and longer.



More information and how to join via Zoom can be found at
ANVarlington.org/events



For more information or to learn about the benefits of becoming a member of Arlington Neighborhood Village, contact us at 703.509.8057 or visit ANVarlington.org