

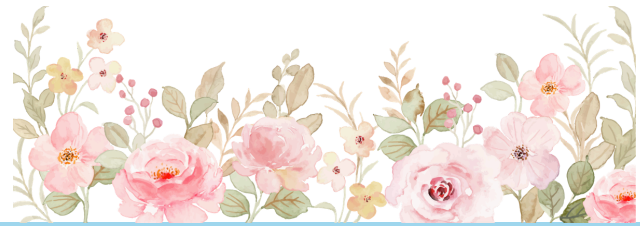
COFFEE AND CONVERSATION

Every Wednesday
from 10-11 am
June 2026



Join Our Weekly Speaker Series!

Attend via Zoom



Wed, June 3, 2026: *Qualified Charitable Distributions*

Isabel Barrow, Director of Financial Planning at Edelman Financial Engines, will explain how Qualified Charitable Distributions (QCDs) work, who can use them and how they can be a smart, tax-efficient way to give. A QCD is a simple way for people age 70 and 1/2 and older to support the organizations they value while potentially lowering their tax bill and managing required minimum distributions.

Wed, June 10, 2026: *How to Achieve a Good Death*

Author and end-of-life activist Chris Palmer explains how to achieve a peaceful and dignified death. Bloomsbury published his latest book, *Achieving a Good Death: A Practical Guide to the End of Life*, in October 2024. There is an art to dying well that can be taught and learned. While death is inevitable, dying badly is not. Chris will help to reduce the fear that often cloaks discussions about death and dying and give the audience some of the knowledge and skills needed to achieve a gentle death free of regrets. He will discuss living well to die well, death cleaning, advance directives, dementia riders, ethical wills, hospice, end-of-life doulas, end-of-life options, body disposition, funeral planning, and other topics. To learn more about Chris, visit www.ChrisPalmerOnline.com.

Wed, June 17, 2026: *Archival Presentation for Family Historians*

Many of the documents genealogists treasure most—letters, photographs, certificates, and family papers—are quietly deteriorating due to improper storage, environmental conditions, and handling. Michele LeTourneur with the Fairfax Genealogical Society will explore practical preservation techniques you can use at home to protect your family's genealogical treasures.

Wed, June 24, 2026: *Move Better. Recover Smarter. Live Fully: Physical Therapy and Hip/Knee Rehab*

What do you really need to know about hip and knee, and hip surgery: When is it necessary? What should you expect before surgery? What happens when you leave the operating room? And most importantly, how does physical therapy improve recovery and improve outcomes? Dr. Andrew Shipp, PT, DPT, OCS with PT Solutions Physical Therapy will cover the importance of PT before surgery, what recovery actually looks like, whether PT alone may be an option, and how to advocate for yourself as a patient.



More information and how to join via Zoom can be found at
ANVashington.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 ANVashington.org