

## JANUARY 2021

East Rock Creek Village — 202-656-7322

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### PRESIDENT'S CORNER

#### Promise & Possibility in the New Year



Welcome, everyone, to 2021. The dark clouds of 2020 are receding with the winter solstice, and the sun has begun to brighten our way a little more each day. We still face challenges. Certainly, we mourn and remember the family, friends, and hundreds of thousands of people lost to the COVID-19 pandemic. But right now, let us focus on the promise and possibilities of this new year and take the steps we can to make them a reality.

**Promise:** COVID-19 vaccinations are coming. As many of you know, over 6,000 doses have recently arrived in DC, and another 30,000 are due to arrive soon. In the present “Phase 1A” we are seeing the vaccination of frontline healthcare and emergency service workers. Home health aides will be able to register to receive the vaccine from area nonprofits and pharmacies. Next, during “Phase 1B” those over age 75 and essential workers (teachers, police, childcare providers, transit, grocery, and postal workers, and the like) will get their vaccinations. After that, during “Phase 1C” vaccines will be provided for those over 65 years old and those at increased risk because of underlying medical conditions. Whenever you do get your vaccine, you should receive a card or printout that will tell you which type of COVID-19 vaccine you received and when to get your second dose. Masks, hand-washing, and social distancing will still be necessary until the promise of the vaccines available is fully realized in months to come.

**Possibility:** East Rock Creek Village is what we make it. Last month I reported about the ways ERCV has adapted our programming and policies to meet the needs and interests of our community in 2020. Please remember, our Village is as strong, helpful, and creative as you are. I hope you'll get involved to make ERCV even better in 2021.

During the pandemic, we are asking for **donations rather than dues**. As a consequence, I'm pleased to say that more of our neighbors are joining ERCV, and our long-time members and supporters are stepping up to help sustain our work. If you have not yet made a contribution, please consider the possibility, as a donor and/or as a trained volunteer.

This month, I hope to see you at one of our exercise classes or neighborhood walks. You don't want to miss our first online game day or our Armchair Travel Series that will be going to the Far East to explore China, Thailand, and Cambodia. And I am happy to announce that ERCV is joining with our sister Villages in DC to offer "Wellness Wednesdays," weekly programming that is open to Villagers across the District. Truly, the new year brings the promise and possibility of new friendships, as well as new opportunities to learn, share your talents, and enjoy our community. Here's to a great 2021!

– David Mackoff

**CALLING ALL VOLUNTEERS!**

We need more drivers and people who enjoy providing tech help!  
For more information and to sign up for a training, please email us at [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or call our office at 202-656-7322.

**SPOTLIGHT: Wellness Wednesdays with the DC Villages**

DC is home to 13 Villages. Our Villages have a shared commitment to improve the health and wellbeing of our members and have come together to offer expanded wellness programming. Beginning January 13, the DC Villages will host a **Wellness Wednesday** series for Village members citywide. The programs will address physical and emotional wellness through a variety of topics, including fitness, healthcare, nutrition, and self-care. Start the new year on a healthy note! Join your fellow Village members on Wednesdays at 1:00. ERCV will try to keep our members informed of each event with contact information. See the schedule of topics on our [website](#), and see our Calendar section below for **specific information for January 13**.



**Do you know . . . ?**

. . . **about ERCV membership during the pandemic?** ERCV is still offering complimentary memberships to seniors in our service area, entitling them to delivery of food, prescriptions, and supplies; friendly check-in calls; rides to medical appointments; assistance with technology set-up; and connecting with federal and district support services. All ERCV members may ask for services as needed. Details about services available to all members are posted [here](#) on our website.

. . . **where to find information about COVID vaccine distribution?** The DC Department of Community Living is working closely with DC Health and will announce information as it becomes available. Meanwhile, the CDC (Centers for Disease Control and

Prevention) has answers to commonly-asked questions about the vaccine [here](#). You can get more information about the vaccines, including distribution plans, from the DC government [here](#).

**. . . that you should be alert to COVID-related scams?** As the number of people and communities affected by the COVID-19 pandemic grows, so do the scams associated with it. Scammers use public health emergencies as opportunities for new fraud schemes, and because older adults and people with disabilities are at greater risk for serious illness from COVID-19, scammers may target these populations. Valuable information from the Administration for Community Living was passed along to us by ERCV member Dave Dennison. Please see the special supplement on our website [here](#) or at the end of this newsletter for detailed information.

**. . . that DC public libraries have reverted to limited curbside service?** Following an order from Mayor Bowser, the no-contact service includes: returning items, picking up holds, getting a library card, picking up a print job, window-browsing a limited selection of books and DVDs, and checking out Grab 'n' Go items. Customers can request materials for take-out service by calling a Library location or visiting [dclibrary.org](https://dclibrary.org) to use the catalog or the chat service. The libraries available (Shepherd Park & Petworth in our area) will be open from 10am–2pm and 3pm–6pm (daily closing 2-3pm for cleaning). Public computers will not be available and reading and meeting rooms will remain closed. Additionally, restrooms are not available during this phase.



## **ERCV PORTRAITS: Meet Ann Stamps**



Ann Stamps came to live in DC as a small child when her parents left Chicago during the Great Depression. Her father's old schoolmate, the son of Secretary of the Interior Harold Ickes, connected him with a federal government job, and her mom landed a position at the Bureau of Engraving and Printing, so the family thrived here.

Ann and her three siblings all worked for the federal government too. Ann started out as a clerk-typist right after high school. She worked her way up and retired as an insurance examiner in 1986. That was also the year she met her second husband and moved to her current Shepherd Park home.

Her proudest professional achievement was as an Industrial Relations Specialist, when she was in charge of a Summer Science Student Program. The program was designed to give academically-talented teenagers from economically challenged households the chance to learn about energy technology and related career opportunities. She kept in touch with several of the students and is very pleased that many of them went on to elite colleges and successful careers.

As an insurance adjuster, Ann traveled all over the US. She continued traveling in retirement – some of it on the back of her first husband’s Harley Davidson on a cross-country trip! Aruba, Alaska, Morocco, Spain, and two crossings of the Panama Canal were among her favorite trips.

A voracious reader, Ann read by flashlight under the covers as a kid. Now she *always* has a book with her – even at the grocery store! She has developed a brilliant system to keep from getting overloaded with books. She keeps a list of what she has read and checks it before ordering anything new. She prefers fiction with a happy ending, as an escape from reality.

Ann has several nieces and nephews, some in the DC area, and others on the West Coast and in Europe. They make time to connect over Zoom monthly. She especially enjoys that her family has become a diverse group over the years!

Ann loves that everyone in ERCV is so nice and friendly and says that the best part of ERCV is getting to know different people. She says, “I’ve done all the going out I’m ever going to do, so it’s nice to have the chance to meet new folks this way.” Her sister Sara lives with her, and hopefully you will get a chance to meet her in a future Village Voice profile!

*-- Our thanks to ERCV Board member Brenda Mejia for this interview*



## PLEASE JOIN US FOR JANUARY EVENTS -

Fridays, Jan. 1, 8, 15, 22, & 29: 3:00-4:00 pm

### **ZOOM CHAIR YOGA WITH ANTONIA**

- Our long-running class is now online each Friday afternoon. Gentle yoga involves centering, stretching, and balancing poses done sitting in a chair or standing next to it. Wear loose clothing. You just need a chair and a device connected to the internet – the bigger the screen, the better.

- [Email](#) us or phone or text 202-656-7322 to receive reminders. Here is the Zoom link to join the class:  
<https://us02web.zoom.us/j/85628785908?pwd=Ylp1VzZ5dzBDUFA1aFRWMkVmalpNZz09>

Mondays, Jan. 4, 11, 18, & 25: 9:00 am

### **ERCV MORNING WALKERS**

- We will meet on the track at the Shepherd Field. Gates on both Jonquil & Kalmia are open, and there is currently plenty of parking on both streets, so you can do all your walking on the springy surface of the track. We walk the track in pairs, wearing masks – you choose the pace and distance; we usually walk and have conversation for about 30 minutes.
- Reservations are not necessary, but if you [email](#) us or call or text 202-656-7322, we can add you to the Sunday evening email reminder list or the Monday morning phone or text reminder or cancellation notices.
- We are open to changing the day and the location (we could walk on the track inside old Walter Reed instead) if that would increase participation.

Mondays, Jan. 4, 11, 18, & 25: 4:00 pm

### **ERCV AFTERNOON WALKERS**

- We will meet at the Learmonths' porch (1309 Floral St.) and will walk on the track inside Walter Reed. Other routes are possible, including on pavement or the dirt Valley Trail in Rock Creek Park. We will walk masked, in pairs.
- Reservations are not necessary, but [email](#) or call 202-656-7322 if you would like reminder emails or if you have questions.

Tuesdays, Jan. 5, 12, 19, & 26: 10:00 am

### **ZOOM OTAGO EXERCISE WITH ANTONIA**

- Antonia, our yoga instructor, is leading an Otago exercise practice designed for those who have Otago experience or experience with Strength and Balance Classes. These exercises are proven to prevent falls when practiced regularly.
- [Email](#) us or call 202-656-7322 for more information on Otago and to receive the Zoom link.

Thursday, Jan. 14: 3:00-4:30 pm

### **NEW YEAR BINGO EXTRAVAGANZA!**



- Please join us for our first-ever online game day — have fun and win gift card prizes with ERCV's New Year Bingo Extravaganza!
- RSVP by [email](#) or call 202-656-7322 to attend and you will receive a link to your special ERCV Bingo

cards. You may play online, or download and print your cards, or play by phone — and with advance notice, we will happily print and deliver cards right to your door. It's fun, it's easy, and it's a great way to start the new year together. Here is the [Zoom link](#) to join the game (you still need to RSVP to get your cards.)

Thursday, Jan. 28: 3:00-4:30 pm

**ARMCHAIR TRAVEL SERIES VIA ZOOM: Off to the Far East!**

- Come explore the wonders of China, Thailand and Cambodia through the eyes of master photographer and ERCV volunteer leader Ralph Blessing. Once again, we are the beneficiaries of Ralph's and his wife Debby's world travels. See the Great Wall of



China, Angkor Wat in Cambodia, and so much more. Let stir-crazy friends and neighbors know they are welcome to join us, fix a nice cup of tea, and ENJOY!

- All are invited! Join us via [Zoom](#).
- If you need help with Zoom, call the office at 202-656-7322 or [email](#) us and we will be glad to help.



## EVENTS OFFERED BY OUR SISTER VILLAGES (open to all Villages)

~ **Coffee & Conversation by phone or video: Alternate Mondays (Jan. 4 & 18), 11:15 am** – Join the Village's current events discussion group! The first week's discussion will focus on election polls. Call 301-715-8592, then enter Meeting ID 872-695-315#; or to participate via video conference, visit <https://us02web.zoom.us/j/872695315>. Password: 11231. Offered by Cleveland & Woodley Park Village.

~ **WELLNESS WEDNESDAYS: Creative Care: Wed., January 13, 1:00-2:00 by Zoom** – Through the processes of aging, we can be faced with the daily challenge of finding meaning and purpose in our lives, especially in these times of physical isolation. In this session, we'll draw on creative practices from the disciplines of the visual and theater arts to touch the artistic impulse in each of us. Through sharing stories we'll explore our shared circles of community and help to build a culture of creative care. **Register [here](#)**. Offered by Palisades Village.

~ **Poetry Group via phone only: Fridays at 11:00 am** – Join the Village poetry group as we take turns reading and discussing our favorite poems. Call 301-715-8592, then enter Meeting ID 425-600-223#. **Password:** 11231. Offered by Cleveland & Woodley Park Village.

~ **"How Power is Portrayed in the Theater" on Zoom with Molly Smith, Arena Stage Artistic Director: Friday, Jan. 15, 12:00 pm** – Enjoy an insightful view on politics and the theater. Molly

Smith has served as Arena's Artistic Director since 1998 and has more than 30 directing credits at this theater, positioning Arena as a national center for American artists. For details and to **register** (required) for this free event, click [here](#). Offered by Foggy Bottom/West End Village.

~ ***"It Takes Your Village: How We're Going to Rebuild America in the New Congress & Next Administration: A Talk by Congressman Jamie Raskin: Friday, Jan. 15, 2:00-3:00 pm*** – Special guest Raskin is an author and U.S. Representative for Maryland's 8<sup>th</sup> Congressional District since 2017. To **register** (required by Jan. 13) click [here](#). The Zoom link will be provided to registrants the day prior to the event. For questions about this session, contact Geri Cooperman at [gcooperman@aol.com](mailto:gcooperman@aol.com). Free event offered by Georgetown Village.



## . . . AND SOME COMMUNITY OPPORTUNITIES . . .

~ ***Kennedy Center offerings online*** – There are manifold sights and sounds to enjoy at the Kennedy Center, online at any time convenient for you. For example, you can visit their **"What I Do" video series**, a 5-part series of videos that explore an aspect of the design process of a designer from a past KC Education performance. The first video introduces Scenic Designer Deb Sivigny, who designed the set for the 2019 production "She a Gem." Watch [here](#) (about 10 minutes) as she describes her process and shows sketches of her work and glimpses of the actual production, which focuses on inner-city teens who explore possible futures through the medium of Double-Dutch jump-roping. (It made me long to have seen the production!) You can also visit the [Kennedy Center Digital Stage](#) and choose from innumerable free videos of past performances in all sorts of artistic genres.

~ ***"Caring for You, Caring for Me:" Education & Support for Caregivers: 5 Tuesdays, January 19 – Feb. 16, 2:00-3:30 pm*** – Seabury Care Management offers five weekly caregiving education seminars created by the [Rosalynn Carter Institute](#) for Caregiving to address the needs of those engaged in caring for older adults. Requires a one-time payment of \$50. If the \$50 fee is an obstacle, please contact Seabury Care Management. For more information and to **register**, click [here](#).



## Fraud Alert from Administration for Community Living: COVID-19 Scams

As the number of people and communities affected by the COVID-19 pandemic grows, so do the scams associated with it. Scammers use public health emergencies as opportunities for new fraud schemes, and because older adults and people with disabilities are at greater risk for serious illness from COVID-19, they may target these populations.



It's important to remember that although the Centers for Disease Control and Prevention (CDC) and other public health officials may contact you if they believe you may have been exposed to the virus, they will not need to ask you for insurance or financial information.

Scammers rapidly alter their tactics and adapt their schemes to the changing landscape, and we anticipate that they will leverage the COVID-19 vaccine to prey on unsuspecting people. Be vigilant and protect yourself from potential fraud concerning COVID-19 vaccines and treatments.

Here are things you need to know about the COVID-19 vaccine:

- You likely will not need to pay anything out-of-pocket to get the vaccine during this public health emergency.
- You cannot pay to put your name on a list to get the vaccine.
- You cannot pay to get early access to the vaccine.
- You will not be solicited door to door to receive the vaccine.
- No one from Medicare or the Health Department will contact you.
- No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Medicare number, Social Security number, or your credit card or bank account information to sign you up to get the vaccine.

The Senior Medicare Patrol (SMP) recommends that Medicare beneficiaries:

- Contact your own doctor if you are experiencing potential symptoms of COVID-19.
- Do not give out your Medicare number, Social Security number, or personal information in response to unsolicited calls, texts, emails, home visits, or booths at health fairs and other public venues. If your personal information is compromised, it may be used in other fraud schemes as well.
- Be suspicious of anyone going door-to-door to offer free coronavirus or COVID-19 testing, supplies, treatments, or vaccines.
- Beware of providers offering other products, treatments, or medicines to prevent the virus. Check with your health care provider before paying for or receiving any COVID-19-related treatment.
- If you get a call, text, email — or even someone knocking on your door — claiming they can get you early access to the vaccine, STOP. That's a scam.
- Carefully review your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB), looking for errors or claims for products or services that weren't received.
- Follow the instructions of your state or local government for other actions you should be taking in response to COVID-19.



- Contact your local SMP for help. SMPs empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse.

The Senior Medicare Patrol (SMP) is ready to provide you with the information you need to PROTECT yourself from Medicare fraud, errors, and abuse; DETECT potential fraud, errors, and abuse; and REPORT your concerns. SMPs help educate and empower Medicare beneficiaries in the fight against health care fraud. Your SMP can help you with your questions, concerns, or complaints about potential fraud and abuse issues. It also provides information and educational presentations. To locate your local Senior Medicare Patrol, call 1-877-808-2468 or visit [www.smpresource.org](http://www.smpresource.org).

ERCV Newsletter Editor: Nancy Foster [nfoster14thst@gmail.com](mailto:nfoster14thst@gmail.com)

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Our thanks to the DC Department of Aging and Community Living (DACL) and The Washington Home for their generous support.



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We will be most appreciative!