

FEBRUARY 2021

East Rock Creek Village — 202-656-7322

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PRESIDENT'S CORNER

Putting Love Back in the Air



Winter is usually a quiet time. Maybe February will be, but we've just made it through a tumultuous month that was anything but quiet. The insurrection at the US Capitol was a deadly and frightening spectacle that took place just a few miles south of our neighborhoods. Next, a week later, came a presidential impeachment, and a week after that, blessedly, a peaceful inauguration. Fences and barricades in the city have since come down, though National Guard troops are expected to stay with us on alert for several more weeks before heading home.

In the midst of all this political tumult, the first round of COVID-19 vaccines arrived in town. While some in our community have successfully navigated the early phase of the process, many others have met with frustration and disappointment. Our thanks go out to everyone helping us keep track of rapidly changing information, sharing their own personal experiences, and helping neighbors schedule and then travel to get their first shot. We also appreciate the virtual Town Hall that Ward 4 Councilmember Janeese Lewis George recently hosted to answer community questions about the vaccine, and her shout-out to ERCV for our efforts to help neighbors get vaccinated. See ERCV's guide in the "Supplement" at the end of the newsletter, or go to the [District's step-by-step guide](#).

Please remember that demand for vaccines is very high and far exceeds supply. It will be many months before a majority of the community receives both doses, so it is vital for all of us to continue to wear our masks and stay socially distant. Patience and persistence are essential for us to defeat the COVID-19 virus.

While we're waiting for some sense of "normal" to return, we can keep ourselves active and involved. If you haven't done so already, become an ERCV Volunteer!

National Youth Poet Laureate Amanda Gorman memorably urged us on Inauguration Day to "be the light." And as our new President said in his inaugural address, "*... Here's the thing about life: There's no accounting for what fate will deal you. Some days, you need a hand; there are other days when we're called to lend a hand. That's how it has to be. That's what we do for one another.*"

And that is what we do at East Rock Creek Village. This could mean giving a neighbor a ride to get their vaccine shot, picking up groceries, or making friendly check-in calls. Let us know what you would enjoy doing and we will train and support you. Let's celebrate Valentine's Day this year by gracing our community with a little extra love.

--David Mackoff

Thanks to everyone who recently
donated to ERCV.
Your support makes possible what we do!



SPOTLIGHT: COVID-19 Vaccination Guideline

A special supplement at the end of the newsletter, compiled by volunteer ERCV Board member Susan Davis, offers valuable information about the process for obtaining your vaccine doses. Do take a look – and feel free to contact our office if you need help!



ERCV PORTRAITS: Meet Kathleen Sheekey



ERCV member and Shepherd Park resident Kathleen Sheekey has always been community-minded. Originally from New Jersey, Kathleen and her husband Arthur have lived in this area for 55 years. They bought their Juniper Street home in 1971, determined to raise their children in a racially diverse environment. She says it's one of the best decisions they ever made. Back then, she was very active in the Shepherd Elementary School PTA, and even led a successful parent sit-in to advocate for a preschool. Kathleen is a co-founder of Early Readers at Shepherd.

Prior to retirement in 2006, Kathleen was CEO of the Advocacy Institute, a global nonprofit focused on social justice initiatives. This gave her the opportunity to work in Bangladesh, India, Namibia, and Palestine, as well as other far-flung destinations. Before that, Kathleen was the National Legislative Director of [Common Cause](#). Working in leadership positions taught her that it can be lonely at the top, and this inspired her to launch a coaching business. She says, "I could have been even more effective with the guidance of an experienced coach, so I enjoy giving support to current and emerging leaders." Since most nonprofits don't have a budget for coaching, she does plenty of pro bono work.

Kathleen shares her expertise as a job coach at [A Wider Circle](#), working with clients one-on-one to help them succeed. Her first assignment was with an Afghan political refugee, which she found extremely rewarding. She is now developing a training program for aspiring job coaches. There seems to be plenty of demand! Another of her passions is travel. She's been to fifty-five countries so far! Once the pandemic is over, the first trip will be to visit her seven grandchildren in New York City and Stowe, VT.

Kathleen is in two book clubs. She co-founded one in 2007, and the other is a couples' book group, started just before COVID. She's become more outdoorsy this year and is especially grateful for having Rock Creek Park so close to home. Kathleen was also a hospice volunteer for thirteen years and this experience gave her first-hand knowledge of how important social connections are for seniors. She's been a member of ERCV since the beginning and says she has a lot of respect for the founders. The core concept of neighbors helping neighbors really resonates with her, and she hopes that we can adjust our offerings as member needs evolve.

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



PLEASE JOIN US FOR FEBRUARY EVENTS -

Mondays, Feb. 1, 8, 15, & 22: 9:00 am

ERCV MORNING WALKERS

- We meet on the track at the Shepherd Field at 9am. Gates on both Jonquil & Kalmia are open, and there is 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
- 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 send a Monday morning phone or text reminder.

Mondays, Feb. 1, 8, 15, & 22: 4:00 pm

ERCV AFTERNOON WALKERS

- We meet at the Learmonths' at 1309 Floral St. and walk on the very wide track in old Walter Reed, finishing before 5pm.
- Reservations are not necessary, but [email](#) or call 202-656-7322 if you would like reminder/cancellation emails.

Tuesdays, Feb. 2, 9, 16, & 23: 10:00-11:00 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 other 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, Feb. 4: 3:00-4:30 pm

ERCV OPEN HOUSE VIA ZOOM

- So much has been happening lately. Let's get together via Zoom to talk about our experiences with the COVID vaccine or anything else that is on your mind. Find out about upcoming ERCV activities and opportunities to become a volunteer. Enjoy visiting with neighbors and make some new friends.
- All are invited to join us on laptop, tablet, or smart phone. ZOOM is free and easy to use. Here is the link:
<https://us02web.zoom.us/j/88373661720?pwd=ZHVNOVVITVRIQnhNTlBvRU9EaTdnUT09>

Fridays, Feb. 5, 12, 19 & 26: 3:00-4:00 pm

ZOOM CHAIR YOGA WITH ANTONIA

- Our long-running class is online each Friday afternoon. Gentle yoga involves centering, stretching, and balancing poses done sitting in a chair or standing next to it. It is recommended for everyone.
- [Email](#) us with questions about Zoom and to receive reminder emails each week. Here is the Zoom link to join the class:
<https://us02web.zoom.us/j/85628785908?pwd=Ylp1VzZ5dzBDUFA1aFRWMkVmalpNZz09>



Thursday, Feb. 11: 3:00-4:30 pm

ONLINE VALENTINE'S PARTY WITH BINGO & PRIZES

- We will play a few games and still have time to share stories and memories. Tell us about your favorite dessert treat. Pour yourself a festive drink, nibble something sweet, and share the love with your ERCV friends and neighbors.
- **RSVP** to info@eastrockcreekvillage.org to be sent your special bingo cards. Last month, Judi won a Souper Girl gift card! Here is the Zoom link to join the party:
<https://us02web.zoom.us/j/86311987326?pwd=WDlQT3Jyd2lpSjN5WmlOY2hVbVpMUT09#success>

Thursday, Feb. 25: 3:00-4:30 pm

HONORING BLACK HISTORY MONTH: ARMCHAIR TRAVEL SERIES CLOSER TO HOME: A VIRTUAL VISIT TO THE SMITHSONIAN AMERICAN ART MUSEUM (SAAM)

- Do you miss being able to visit museums? Artful conversations don't have to stop just



because the Smithsonian's wonderful museums are temporarily closed. Join Melissa Clark, a docent at the Smithsonian American Art Museum, for a close look and lively conversation about selected works from SAAM's expansive collection of works by African American artists. Among them will be *Landscape with Rainbow*, the painting Dr. Jill Biden chose as a backdrop for one of the ceremonial events of Inauguration Day. We hope you'll mark your

calendars and plan to attend! **(Photo is a detail from *Swing* by Sam Gilliam, courtesy of**

Smithsonian American Art Museum. Sam Gilliam is an African American color field painter and lyrical abstractionist artist associated with the Washington Color School, a group of Washington DC area artists who developed a form of abstract art from color field painting in the 1950s and 1960s.) –**Watch for the Zoom link in the ERCV mid-month Calendar Update.**



A special note: We were finally able to successfully tape our latest Armchair Travel Series: **Off to the Far East (China, Thailand, & Cambodia) with Ralph Blessing.** Forty people joined us online and gave it rave reviews! [Here](#) is the link for anyone who missed it or wants to see the photos again.



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

DC Villages “Wellness Wednesdays”

~ **Fire Safety for Older Adults: Wed., February 3, 1:00-2:00 pm** – According to the US Fire Administration, on average more than 1000 Americans aged 65 and older die each year in home fires, and more than 2000 are injured. Join Ms. Samone Hoston of the DC Fire & Emergency Medical Services Dept. for a presentation specifically for seniors on how to stay safe, including precautions related to cooking, smoking, and heating, and how to safely evacuate your residence if need be. She will also discuss the importance and maintenance of smoke alarms, including how to get help from DC FEMS to do so. This session is relevant to all types of residences. Bring your questions and get your fire safety answers! For details and to **register** for this free program, click [here](#). Offered by **Cleveland & Woodley Park Village**.

~ **De-clutter your Life: Wed., February 10, 1:00-2:00 pm** – Are you thinking about downsizing, but don’t know where to start? Do you spend way too much time looking for your keys? Do you frequently miss deadlines because you can’t get your schedule under control? Clutter, whether mental, digital, or physical, can be a frustrating barrier to a fulfilling and functional home, office, and personal life. It can also get in the way of our peace of mind. Join Katie Zimmerman, a professional organizer with <https://www.everydayorg.com/>, in a workshop offering a holistic, non-judgmental approach to organizing and decluttering, and enjoy a newfound sense of space and freedom! For details and to **register** for this free program, click [here](#). Offered by **Greater Brookland Intergenerational Village**.

~ *Living Long and Living Well: Wed., February 17, 1:00-2:00 pm* – Guest speaker Dr. Alka Gupta will provide information on how to live long and live well as a healthy lifestyle for senior adults. To **register** for this free program, click [here](#). Offered by **Kingdom Care Senior Village**.

Other Village Events

~ *The Outlook for the Next Congress, with Congressman Jamie Raskin: Mon., February 8, 1:00-2:30 pm* – Congressman Jamie Raskin represents Maryland's 8th Congressional District in the US House of Representatives. Prior to his time in Congress, Raskin was a 3-term Senator in Maryland and was also a professor of constitutional law at American University's Washington College of Law for over 25 years. Please **register** [here](#) by the day prior. Offered jointly by **Little Falls River Village** and the Little Falls Library.

~ *White House Transitions: Wed., February 10, 5:30 pm* – Join a presentation by Martha Joynt Kumar, Director, White House Transition Project, an organization which provides information to new White House staff to expedite transition from one administration to the next. She has long studied and published scholarly works about these transitions, and in the current environment her comments should be of special interest. Offered by **Georgetown Village** as part of their "Cocktails, Conversations, and Covid" series. To **register**, contact the GV Office at 202-999-8988 or email lynn@goergetownvillage.org.

~ *Love is Love: Valentine's Day Celebration on Zoom: Fri., February 12, 6:30-8:00 pm* – Seabury Resources on Aging and **Capitol Hill Village** invite LGBTQ individuals 18 and older to celebrate Valentine's Day 2021! We will embrace self-love through a discussion on self-care and delve into dating safely during COVID-19. To submit any questions regarding self-care or dating in advance for discussion, contact kfuller@seaburyresources.org or call 202-397-1725 Ext. 109. To **register** or for more information contact Sophia at sross@capitolhillvillage.org or call 202-543-1778 Ext. 204. Our LGBTQ programs are funded by the DC Dept. of Aging and Community Living and are open to any DC resident.



. . . AND SOME COMMUNITY OPPORTUNITIES . . .

~ *Black History Month Book Discussion on Zoom, Sibley Senior Association: Wed., February 10, 2:00-3:30 pm* – Join Sharon Sellers, M.B.A., M.P.H., C.D.P., a staff member of the Sibley Senior Association, for a book study to commemorate Black History month. She will lead a discussion of Michael Eric Dyson's book, *Tears We Cannot Stop*. In this provocative and deeply personal call for change, Dyson argues that if we are to make real racial progress we must face difficult truths, including being honest about how black grievance has been ignored, dismissed, or discounted. "The time is at hand for reckoning with the past, recognizing the truth of the present, and moving together to redeem the nation for our future. If we don't act now, if you

don't address race immediately, there very well may be no future." Books are available from Amazon and other booksellers at a reasonable price. Please read the book in advance and come prepared for discussion. This will be an inaugural launch for a quarterly book study on race. Please **register** by calling 202-364-7602 or emailing hprecou1@jh.edu.

~ *Ongoing Fitness Classes offered by AroundTownDC* – Click [here](#) for details and to register.



SPECIAL SUPPLEMENT: ERCV GUIDE TO GETTING THE COVID-19 VACCINE

Vaccine Volunteers: East Rock Creek Village has organized a group of vetted volunteers to assist seniors in Ward 4 get vaccinated against COVID-19. Our services can be obtained by emailing ERCV at info@easatrockcreekvillage.org or calling 202-656-7322 any day between 8am and 8pm.

Our services include:

- Going online to schedule a vaccine appointment for you.
- Online scheduling of 2nd shot appointments for those whose first shot was at a Safeway pharmacy or one of the three Senior Wellness Centers (Hattie Holmes, Model Cities, or Washington).
- Providing a free ride to your vaccination appointment.
- Printing and delivery to you of appointment confirmation emails or other online communications.
- Offering information updates, support, and encouragement. We will email updated vaccination information as it becomes available.

Getting Vaccination Appointments through DCHealth:

New appointments will be available each Thursday at 9am (for certain zipcodes including 20012 and 20011) or Friday mornings at 9am (all DC seniors). Demand is very high, and all appointments are taken before 9:15am on those days. If you have internet access, you should register for an appointment through vaccinate.dc.gov. If you do not have internet access, call the District's hotline at **855-363-0333** at exactly 9:00 a.m. on Thursday or Friday.

Steps to get an appointment:

- Each time you try to get an appointment online, you will have to complete the questionnaire even if you registered another time.

- You will be asked to enter your date of birth, address, and insurance information (you do not have to enter any detailed insurance information, only that you have Medicare).
- Then you will have an opportunity to sign up for an appointment at a vaccination site.
- Take any appointment available!
- If you are successful in getting an appointment you will receive a confirmation email which you should save in case you need to cancel your appointment.
- You should print out the confirmation email or be sure it is on your phone to take with you to your appointment.
- If all the appointments for the next week are taken, you can ask to be notified when later appointments will be posted.

When you go to your appointment:

- Take your mask, the confirmation code you received when you made your appointment, a photo ID, and your Medicare health insurance card.
- There will be no charge.
- Wear a loose-fitting shirt so you can be vaccinated on your upper arm.
- Do not go early for your appointment. Recently there have not been lines outside vaccination sites.
- Plan to stay 15 minutes after your shot.
- Don't leave before you receive a card stating you got the vaccine and either an appointment for your second dose OR an internet address where you can set up that second shot appointment.

Getting 2nd Shot Appointments if your first shot is at Hattie Holmes Senior Wellness Center, Model Cities Senior Wellness Center, Washington Senior Wellness Center, or any Safeway Pharmacy:

- You will receive a paper with the information for making an appointment for your 2nd shot, which should take place in 28-31 days.
- You can get help scheduling your 2nd shot while you are waiting after your 1st injection if you have a smart phone with you, or you can schedule it when you get home. OR you can CALL ERCV at 202-656-7322 for assistance.

To schedule your second shot yourself (if your first shot was at one of the locations listed above):

- Click [here](#) to reach the pharmacy website for Albertsons/Safeway. When you reach the website, click in the box and then the "submit" button, and this will take you to a page where you will begin filling in your information.
- You will receive a confirmation email, which you should bring on paper or on your phone to the 2nd shot appointment.
- Don't worry that the appointment form says "New York/USA" -- that simply indicates you are in the Eastern Time zone.

- When you register on the website, you will also be asked to print out a consent form/questionnaire to fill out in advance and bring to your 2nd shot appointment.

Other possible sources of vaccine appointments: If you are a patient with Kaiser Permanente, Sibley Hospital/Johns Hopkins, George Washington Hospital Faculty Medical Associates, or the Veterans Administration, you may get an opportunity to get the vaccine through them. Individual doctors are not getting vaccine doses to provide to their patients. Check the website of your medical provider rather than calling them.

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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!