

MARCH 2021

East Rock Creek Village — 202-656-7322
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PRESIDENT'S CORNER

March Perseverance



This year on Groundhog Day, Punxsutawney Phil predicted we would have six more weeks of winter. Since then, the country has seen more winter weather than it has for a while. Let's hope that by the middle of March, crocuses and daffodils will be emerging to replace patches of ice. This month holds the promise of many new beginnings.

On the COVID-19 front: While we grieve the loss of more than half million people in the US to this dreadful pandemic over the last twelve months, there are hopeful signs that our year of mask-wearing, hand-washing, and social-distancing has made a difference. As vaccines have become available, many of our fellow ERCV members have received their first and second doses. I personally want to thank **Susan Davis**, our hard-working volunteer office manager, for everything she has done to help our new and long-time members navigate DC's ever-changing vaccination process. I'm grateful for the volunteer team she recruited and trained (recognized below) who have been helping set up appointments and provide transportation to get shots. We've always known that volunteers are ERCV's lifeblood, and it's never been truer than right now.



Throughout the pandemic, East Rock Creek Village has offered complimentary memberships so that more of our neighbors would have access to the benefits of being part of our Village. Over 30 new neighbors have joined ERCV in just the last month, many seeking our help to get vaccinated. I want to welcome everyone to East Rock Creek Village and invite you to get to know all that ERCV offers — from health/wellness and social/educational activities, grocery shopping & delivery, rides to medical appointments, and technology support, to changing watch batteries and light bulbs (outside the house for now).

Find out more by attending our next Open House (via Zoom) on Thursday, March 11th, 3-4:30pm. We will welcome new members and celebrate International Women's Day, sharing stories of the changes we've seen and of the amazing women in our lives and in the world. Catch up with friends and make new ones. On Thursday, March 25th, our Armchair Travel Series will transport us (via Zoom) to a Jazz Club where volunteer leader Roger Glass and his special musical guest will help us explore and celebrate Jazz music from the comfort of our homes.

As weather permits, our Monday morning and afternoon walks keep us fit and healthy and enable us to get together in person. We will continue to wear masks (even if vaccinated) and stay at COVID-safe distances until the pandemic is officially over. If you want to stretch from home, please join our regular 3pm Friday Chair Yoga classes (via Zoom) or attend a special session hosted by ERCV as part of the DC Villages' Wellness Wednesday program on March 24th, 1-2pm.

As I've highlighted, ERCV has great volunteers, but the truth is **WE NEED MORE**. Please consider becoming an ERCV volunteer this year. We will vet and train you if you are willing to be a driver or make a few friendly check-in calls. Would you enjoy picking up groceries for a neighbor or helping others learn to use technology? We can use help with planning and managing creative programming for our members. As we continue to grow, we could use help keeping up with administrative and bookkeeping tasks.

ERCV is here for you in every season. Let's welcome spring and all our new members and rededicate ourselves to being there for each other and our community.

--David Mackoff



SPOTLIGHT: ERCV VOLUNTEERS

Did you know . . .
any ERCV member may request volunteer services?
Just email info@eastrockcreekvillage.org or call 202-656-7322.

ERCV is growing fast, and more volunteers are needed!

East Rock Creek Volunteers are the BEST! We want to thank and celebrate our current team and invite YOU to join us. Let us know what you would enjoy doing. ERCV will provide a Volunteer Training via zoom for those who want to serve individual members.

THANK YOU, current Volunteers:



Vaccine appointment helpers: Ralph Blessing, Gay Gellhorn, Carroll Green, Walter Kamiat, Judith McCullough, Kathleen Sheekey, Fred Tyner, and Dee Mahan and Ann McFarren of Dupont Circle Village who organized a list for getting end-of-day vaccine doses at two sites in downtown DC

Drivers: Ralph Blessing, Allyson Booth, Bill Foster, Roger Glass, Brenda Mejia, Shelley Moskowitz, and Gary Reisner have transported members in “socially distanced” mode — masked with the passenger in the back seat and the windows open.

Shopping and errands: Ralph Blessing, Allyson Booth, Roger Glass, Peter Kramer, Susan Learmonth, Judith McCullough, Ava Morgan, and Margie Odle. They have shopped for and delivered groceries, picked up carryout food and prescriptions, and returned library books. A grant from the Washington Home Foundation has enabled ERCV to provide free food and household necessities to those in need.

Check-in calls to members: Gracie Baten, Krayna Feinberg, Gay Gellhorn, Roger Glass, Kathy Hussein, Peter Kramer, Judith McCullough, and Gloria Sulton

Snow shovelers: Ralph Blessing and Gary Reisner

Self-Serve Emission Testing Kiosk help: Ralph Blessing

Watch battery & light bulb replacement: Peter Kramer and Mark Longaker

Educational programming: Arm Chair Travel Series presenters: Ralph Blessing, Peter Kramer, Shelley Moskowitz, Margie Odle, Doris Spruell, and Gloria Sulton, and Shelley Brazier, who made the connection with the American Art Museum which led to the recent virtual tour

Our Volunteer Committee: Gracie Baten, Susan Learmonth, Rima Shaffer, and Doris Spruell

Our Computer Guru: Carl Bergman

Our Village Voice newsletter editor: Nancy Foster

Our Volunteer Coordinator: Judith McCullough

Our Office Manager: Susan Davis

Our Board of Directors: David Mackoff, President, Susan Learmonth, Vice President, Margie Odle, Treasurer, Brenda Mejia, Secretary, Susan Davis, Kelcie Glass, Linda Glass, Pati Griffith, and Peter Kramer



Useful information . . .

COVID-19 Vaccine Update

ERCV's Vaccine Volunteers will continue to go online to obtain vaccine appointments for those residents of our service area 65 or older or over 50 with a [qualifying medical condition](#). We also assist with obtaining appointments for second shots for those who visit a Safeway Pharmacy or other Safeway-sponsored site for their first shot. [Email](#) us or call 202-656-7322 to access these services.

Starting this month DC residents 18-64 years of age who have certain medical conditions are eligible for vaccine appointments. Qualifying medical conditions include: Asthma, Chronic Obstructive Pulmonary Disease (COPD), and other Chronic Lung Disease; Bone Marrow and Solid Organ Transplantation; Cancer; Cerebrovascular Disease; Chronic Kidney Disease; Congenital Heart Disease; Diabetes Mellitus; Heart Conditions, such as Heart Failure, Coronary Artery Disease, or Cardiomyopathies; HIV; Hypertension/High Blood Pressure; Immunocompromised State; Inherited Metabolic Disorders; Intellectual and Developmental Disabilities; Liver Disease; Neurologic Conditions; Obesity, BMI ≥ 30 kg/m²; Pregnancy; Severe Genetic Disorders; Sickle Cell Disease; and Thalassemia.

To sign up through the city's online portal or call center you do not need to provide any documentation of your condition, but you do have to self-attest your condition on the registration questionnaire. Hospitals and other medical providers of the vaccine will also begin to offer it to those in this group soon. Those who are unsure whether they qualify for the vaccine based on a qualifying medical condition should contact their health care provider.

New Appointment Registration Schedule, Zip Codes: To accommodate people's varying work schedules, DC Health will be alternating appointment registration start times each week at either 9am or 6pm. On March 4 and 5 vaccine seekers should go online [here](#) or phone 1-855-

363-0333 at exactly 6pm. On March 11 and 12 appointments will become available at 9am. Thursday remains reserved for residents in priority zip codes, which include Ward 4's 20011.

Beware of Fake Gmail Accounts

A sister Village recently reported that scammers managed to get into a member's email address book and create a fake Gmail account that looks eerily similar to the real email address. If you or someone you know is a victim of this type of "phishing" scam, please visit the following web site to report fraudulent Gmail accounts: <https://support.google.com/mail/contact/abuse>

Tax Assistance for DC Residents

Through April 15 the AARP Foundation offers assistance to DC residents who need help filling out their taxes. Here is a helpful [video](#) about their services. (If you cannot hear the speakers, click on the mute/speaker icon in the bottom right-hand corner of the video.) Send a text to or leave a voicemail at 202-642-9037, or email the DC Tax-Aide Help Desk at DCTaxAide.Help@gmail.com.

ERCV PORTRAITS: Meet Gary Reisner



As an Army brat, Gary Reisner was born at Ft. Belvoir and grew up all over the world, including Japan, Alaska, New York, and Pennsylvania, among other places. He completed his BS at Penn State, and pursued a master's degree in economics at U Mass.

Gary came to DC in 1978 for a job at the USDA. He returned to Penn State for more study and moved here for good in 1985. He worked at the Office of Management and Budget for several years, and later moved on to the Department of the Interior. In the 1990s Gary returned to OMB, and in 2003 he landed at the National Oceanic and Atmospheric Administration, where he remained until retiring in 2019. Over the years Gary earned a reputation as a "fixer." He was hired as CFO of the NOAA's Fisheries Service and moved to the Weather Service to correct serious financial improprieties. Later, as budget director for all of NOAA, he helped ensure that their budget was out on time for the first time in years.

Gary loves spending time outdoors so much that he bought a cabin in Maine years ago, where he hikes, kayaks, and canoes all summer. He had two children. Sadly, his disabled son passed

away at age 12. His daughter resides in Easton, MD, with her husband and two children, aged 4 and 8. Gary hopes to get them out water skiing at the cabin this summer, now that they are getting old enough.

Before we all went into lockdown, he went cross-country skiing in Yellowstone and took an amazing trip to Baja California, kayaking on the Sea of Cortez and whale-watching on the Pacific side. That was his first time seeing whales outside of his work. It turns out he's seen enough.

He also completed a 6-day backcountry canoe trip with friends in August 2019, exploring and camping in the Canadian wilderness. Just last month, he was cross-country skiing and snowshoeing at Black Water Falls in West Virginia.

Now that pools and gyms have reopened, Gary is getting to exercise two or three times a week. He is fortunate enough to have already received both of his COVID vaccine doses, and now feels comfortable providing rides to other ERCV members. He likes our group a lot, and hopes we can resume in-person activities, especially as we head into warmer weather and small outdoor gatherings are more feasible.

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



PLEASE JOIN US FOR MARCH EVENTS -



Mondays, Mar. 1, & 8: 9:00 am (Watch for updates for the rest of March.)

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, Mar. 1, 8, 15, 22, & 29: 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, Mar. 2, 9, 16, 23, & 30: 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.

Fridays, Mar. 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.

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

OPEN HOUSE: CELEBRATE INTERNATIONAL WOMENS DAY & WELCOME NEW MEMBERS!

- Share stories of the amazing women in our lives and in the world and reflect on the changes experienced over the years. Catch up with friends and make new ones. Let's give a warm welcome to our newest members
- [Email](#) us with questions about Zoom and to receive reminder emails. Here is the [Zoom link](#) to use.

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

ARMCHAIR TRAVEL SERIES CLOSER TO HOME: A DISCUSSION OF JAZZ VIA ZOOM, HOSTED BY ERCV'S ROGER GLASS

- Join us for a lively ZOOM discussion of the past, present and future of jazz music. Sometimes referred to as America's classical music, jazz has spread across the globe thanks to ambassadors like Miles Davis, Dave Brubeck, Ella Fitzgerald, Duke Ellington, and others. The contemporary giants of the music, including Wynton Marsalis, Dee Dee Bridgewater and Christian McBride, have carried on that tradition.
- Our special guest on March 25th will be **jazz saxophonist Davey Yarborough**. In addition to serving as the director of the jazz studies program at Duke Ellington School of the Arts for more than 40 years, Yarborough is the co-founder of the Washington Jazz Arts Institute, a non-profit that exposes young people to jazz and trains them for careers in music. Here is the [Zoom link](#) for this exciting event.



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

DC Villages "Wellness Wednesdays"

DC is home to 13 Villages. We share a commitment to improve the health and wellbeing of our members and have come together to offer expanded wellness programming. In January 2021, the DC Villages began hosting weekly **Wellness Wednesdays** for Village members citywide.

On March 24, it's ERCV's turn to host! Join villagers from across the District, 1:00-2:00pm, at our Special Wellness Wednesday Chair Yoga Class with Antonia.

Here is the [Zoom link](#) to join the class. Wear loose clothing and take off your shoes. Find a chair without wheels and with a high back and clear some floor space where you can see your Zoom screen.

Other Village Events

~ OLDER DRIVERS: What we Know that can Save Lives: Tues., March 2, 4:00-5:00 pm –

Waterfront Village Volunteer Tara Kelley-Baker works as a researcher for the AAA Foundation for Traffic Safety, a research organization focused on understanding driving risks and promoting traffic safety. Her research has included a number of studies involving older drivers and road safety. She will share what she has learned and help separate the facts from the myths about older drivers. She also will provide tips on mitigating risks associated with older drivers. If you still get behind the wheel, this is one presentation you should consider attending.

Register [here](#). Offered by Waterfront Village.

~ Coping with Uncertainty: Wed., March 3, 2:30 pm – Village social worker Barbara Scott leads a discussion. Open to members and volunteers of Villages. **Register [here](#).** Offered by Northwest Neighbors Village.

~ A Conversation with Evan Thomas on Presidential Leadership: Thurs., March 4, 7:00-8:00 pm –

Palisades resident Evan Thomas is a journalist, former *Newsweek* editor, regular panel member on Inside Washington, and the author of numerous books including several about US presidents. He will join us for a conversation on the timely subject of Presidential leadership.

Register [here](#). Offered by Palisades Village.

~ CelebSalon: From Page to Stage with Theater J: Wed., March 17, 6:00-7:00 pm – How does a play – the script, actors, sets, and all the other theatrical elements -- get to the stage? What's involved? Who's involved? Whether it's Broadway or community theater, the answers are almost as dramatic and, sometimes, as comic as the plays themselves. Join Theater J's Artistic Director, Adam Immerwahr, and Managing Director, Jojo Ruf, for a behind-the-scenes-look at how theater is made that will deepen your understanding and sense of wonder when you return to live performances. **Register [here](#) or admin@dupontcirclevillage.net**, or call 202-436-5252. Offered by Dupont Circle Village.

. . . AND SOME COMMUNITY OPPORTUNITIES . . .

~ Women in America: Thursdays, Mar. 4, 11, 18, & 25, 4:00-5:00 pm via Zoom – Join Monica Fitzgerald, Ph.D., as she takes us through a four-week series on women in America in honor of Women's History Month:

- Shattering Glass Ceilings: Women's Firsts in America
- Gender in Early America
- History of the Women's Movement
- Women, Body Image, and the Media

Dr. Fitzgerald is the Program Director and professor for Justice, Community and Leadership at St. Mary's College of California and also a professor of Women's and Gender Studies. She is the author of *Puritans Behaving Badly: Gender, Punishment and Religion in Early America*. To **register** for this free series email hprecou1@jhmi.edu or call the Sibley Senior Association office 202-364-7602. Attendees will be given the zoom link after they register – they may join the sessions on the computer or participate over the phone. Participants are welcome to join all or some of the sessions. Sponsored by the Sibley Senior Association.

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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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<http://smile.amazon.com/ch/46-3491502>

Thanks!