

**JUNE 2021**

East Rock Creek Village — 202-656-7322  
info@eastrockcreekvillage.org—www.eastrockcreekvillage.org



## **PRESIDENT'S CORNER**

### **Abuzz at ERCV**



#### *STEP BY STEP OUR RULES ARE RELAXING*

There's a buzz in the air and it's not just the noisy and bountiful cicadas. It's the sound of people spending time together again! Thanks to careful precautions and effective vaccines, long-shuttered theaters and museums are reopening their doors and we can more easily visit family and friends – in person.

Cautiously and with optimism, ERCV is now able to provide a larger array of services **for fully vaccinated members** – like changing lightbulbs or doing other light chores in members' homes, or providing rides to a greater variety of places, such as barber shops and beauty parlors. All of our in-person gatherings, including weekly walks, will no longer require masks or social distancing. (Those who are unable to be vaccinated or have compromised immune systems are asked to contact the ERCV office if they wish to attend walks.) Volunteers will continue to provide grocery shopping and delivery using COVID-19 precautions for all transportation services. ERCV will provide opportunities for everyone to get together via Zoom for Chair Yoga and Otago Fall Prevention Exercise classes as well as for our monthly Open House discussions and Armchair Travel Series. If you are uncertain about what level of activity is safe, I encourage you to consult the [CDC's recent guidance](#).

#### *COMPLIMENTARY MEMBERSHIPS & FUTURE DUES*

As you likely know, ERCV has offered complimentary memberships since the COVID-19 public health emergency was declared in March 2020. The Board made this decision because that is what good neighbors do – be there for each other during the good and the tough times. As a consequence, our membership ranks have swelled as our volunteers helped arrange vaccination appointments and delivered food. Now that pandemic restrictions are being eased, ERCV's Board contemplated reinstituting membership dues, but instead decided to extend the

complimentary membership. We want time to get to know our newest members and give them an opportunity to get to know us and the full benefits of ERCV membership.

The last 15 months have taken a toll, and we want to ease back into a new normal. When dues are reinstated, everyone will receive an invitation to renew their membership at a new rate of \$200 per household, with subsidies available as needed. ERCV will no longer distinguish between social and service memberships – any member will be able to request rides, check-in calls, or help with small tasks around the house. All will be welcome to help plan and participate in our social and health and wellness programs. Anything given above the \$200 level will be tax deductible. Meanwhile, I hope you will continue to contribute to our success with your time, your wisdom, and, once dues are reinstated, your financial support.

#### *WE'RE PROUD VILLAGE VOLUNTEERS*

As you may remember, last month East Rock Creek Village joined with the other 12 DC Villages in a celebration of Older Americans Month and our expanding presence in the city. You will enjoy watching a [video](#) of this inspiring gathering to see pictures of fellow Villagers and hear of the difference DC Villages are making in so many lives. I hope this will make you as proud as it makes me and will inspire you to do even more to keep ERCV and the greater Village movement growing strong.

Finally, last month I put out an appeal for more volunteers, especially for drivers. I'm pleased to say many of you are expressing a readiness to help. Special thanks go to Rima Shaffer and Doris Spruell, who have helped identify and reactivate many long-time volunteers. Our Volunteer Committee chaired by Susan Learmonth is now organizing a Volunteer Training for Sunday, June 13<sup>th</sup> via Zoom (see details in the Calendar section). If you are interested or want more information, please contact our office at 202-656-7322 or email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org). We need to recruit and train volunteers to help us meet the many postponed needs of our expanding membership. We also need volunteers to help behind the scenes, planning fun events, doing outreach in the community, or serving on a committee or on our Board of Directors. Thank you to all our wonderful volunteers. You make East Rock Creek Village run and do us proud!

*--David Mackoff*



## **SPOTLIGHT: ERCV Celebrated Older Americans Month with DC Villages**

In case you missed it, ERCV participated in a wonderful event on May 20, celebrating Older Americans Month by highlighting the important work of DC's 13 Villages and the community we create together. Photos of our members were included in the opening montage, and Paula Blair

and Roger Glass represented ERCV in short videos, sharing their experiences as [members](#) and [volunteers](#). Our Board President David Mackoff was honored to be the final speaker, thanking all of the participants and highlighting the strength of DC's Village movement. Here's the [link to the full program](#). Enjoy!



## Useful information . . .

**Full DC Reopening by June 11:** On May 17 Mayor Bowser lifted nearly all of DC's COVID restrictions on restaurants, weddings, places of worship, retail, personal services, at-home gatherings, libraries, museums, pools, gyms, offices, and more. Bars, night clubs, and large sports and entertainment venues will continue to operate with capacity limits through June 11, at which point their restrictions will be lifted too. DC has also updated its mask guidance, as follows:

- Masks are **still required** in public transit (Metro, buses, taxis, etc.), in healthcare settings, at schools and childcare facilities, and *at businesses that opt to continue their own mask requirements*.
- There is no longer an outdoor mask requirement for fully vaccinated residents.
- Unvaccinated or partially vaccinated residents are expected to continue to wear a mask and maintain social distance, and are encouraged to seek vaccination opportunities at any of the District's walk-up sites, area hospitals, or vaccination providers.
- Homebound seniors can sign up for at-home vaccinations by calling DC Health at 1-855-363-0333. Select Option 4 for Vaccine Information, followed by Option 3 for At-Home Vaccination. They will take your name, address, and DOB. Select Option 1 to register. You will receive an email confirming registration. You will get a call to set up an appointment for a visit by a doctor or registered nurse.
- You should continue to evaluate your degree of risk when outside of your home, especially at large indoor gatherings.

**Visitor Parking Permits:** The District Department of Transportation has launched **ParkDC Permits**, a simplified way to get parking permits for visitors. The program is currently being piloted and will open District-wide on July 1. In the meantime, continue to use your 2020 visitor parking passes. For details click [here](#).



## ERCV PORTRAITS: Meet Nancy Yanish



As an Air Force brat in Biloxi, MS, Nancy Yanish was raised to believe that everyone is equal. While attending Millsaps College in Jackson, Nancy was so deeply affected by the murder of two black Jackson State students that she joined other students in picketing the governor's mansion. This experience sparked a life-long passion to improve the world. After graduation she married her high school sweetheart and moved to cold-war-era Berlin, where she worked on a master's degree in public administration.

Upon returning to the US in 1974 following travels in northern Europe, the couple parted ways, and Nancy settled in Tallahassee, FL, landing a job with Senator Richard Stone as an Agriculture Special Assistant. Nancy became an expert on Florida's second largest industry, agriculture. Ready for advancement, she moved to DC to become Stone's DC-based Legislative Assistant on the Agriculture Committee. She "broke the marble ceiling" as the first female LA on that committee. From there, she went to work for Tony Coelho (CA), representing the San Joaquin Valley, which produces the most specialty crops in the country. Later, Nancy was Agriculture Relations Director as well as a federal lobbyist for the international supermarket industry's Food Marketing Institute.

During this time Nancy met her husband John. They moved into their Geranium Street home in 1986 and still love the house and neighborhood. They've now been married 38 years.

One of Nancy's proudest career moments came when the US cattle industry tried to block imported beef during a re-write of the Farm Bill. Nancy chaired a coalition of supermarkets, food distributors and importers, and consumer groups to convince the Agriculture Committee to kill the proposed amendment. Later, Nancy worked at the FDA, and was involved in the banning of ephedra, an unregulated weight-loss supplement. Throughout her career, Nancy was known as a consensus-builder who recognizes the importance of engaging with others, especially when there is disagreement.

Nancy retired in 2015 but says she will always be involved in politics. Her dog Brady barks at her every night as soon Rachel Maddow signs off, to signal “lights out.” Nancy loves our city and says, “If you’re bored in DC, it’s your own fault!”

After taking some time to slow down, Nancy is excited to be part of ERCV. Having battled spinal meningitis, she especially appreciates Otago training and hopes in-person classes resume soon. She’s also looking forward to social activities now that things are re-opening.

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



## PLEASE JOIN US FOR JUNE EVENTS -



*Mountain Laurel – Kalmia Latifolia*

Tuesdays, June 1, 8, 15, 22, & 29: 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 [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or call 202-656-7322 for more information on Otago and to receive the Zoom link.

Fridays, June 4, 11, 18, & 25: 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 [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) with questions about Zoom and to receive reminder emails each week. Here is the [Zoom link](https://us02web.zoom.us/j/85628785908?pwd=Ylp1VzZ5dzBDUFA1aFRWMkVmalpNZz09#success) to join the class.  
<https://us02web.zoom.us/j/85628785908?pwd=Ylp1VzZ5dzBDUFA1aFRWMkVmalpNZz09#success>

**Mondays, June 7, 14, 21, & 28: 8:00-9:00 am (Note new time for summer.)**

### **ERCV MORNING WALKERS**

- We will walk at a leisurely pace on a wide dirt path in Rock Creek Park in the shade under the trees. Meet at the cul-de-sac where Juniper St. ends at the Park (west of 16<sup>th</sup> St.). There is ample street parking in the area.
- Reservations are not necessary, but if you email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or call/text 202-656-7322, we can add you to the Sunday evening email reminder list or send a Monday morning phone or text reminder; AND we will wait for you at the trailhead before we set out if you let us know you will be coming.
- Fully vaccinated people can participate without a mask. If you are unvaccinated and wish to participate, contact us by email or phone to discuss.

**Mondays, June 7, 14, 21, & 28: 5:30-6:30 pm**

### **ERCV AFTERNOON WALKERS**

- We meet at the Learmonths' at 1309 Floral St. and walk on the very wide track in old Walter Reed. The pace and number of laps is determined individually.
- Reservations are not necessary, but email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or call 202-656-7322 if you would like us to wait for you before we set out or if you want to receive Sunday evening reminder emails.
- Fully vaccinated people can participate without a mask. If you are unvaccinated and wish to participate, contact us by email or phone to discuss.

**Thursday, June 10: 3:00-4:30 pm**

### **OPEN HOUSE VIA ZOOM**

- Join with your friends and neighbors to share what's growing in your garden, or your thoughts and plans now that DC is reopening. Share ideas for future ERCV activities.
- <https://us02web.zoom.us/j/88466183696?pwd=cnIndHVONXdpWjVxSGQxMjZKZTRlMz09> Meeting ID: 884 6618 3696 Passcode: 488776 or join by phone: 301-715-8592

**Sunday, June 13: 2:00-3:30 pm**

### **TRAINING FOR NEW ERCV VOLUNTEERS VIA ZOOM**

- Do you want to enrich your life by giving back to others? Consider becoming an ERCV Volunteer. As we have resumed offering more rides, in-home services, and in-person technical assistance, along with supportive phone calls to our growing group of members, we are looking for new volunteers to help provide those services.



- New volunteers must be at least 18 years old, must complete an orientation/training session (on Zoom this time), undergo a background check, be photographed for an ID badge, and fill out several forms. Those who plan to be volunteer drivers will have their driving records checked.
- Please email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) with your contact information, including street address. After a brief screening interview we will provide forms for you to complete and send you the Zoom link for the training session. We welcome questions and will be glad to schedule an alternate training time if 2:00 on Sunday, June 13, does not work for you.
- Click [here](#) to view a short video of ERCV volunteer Roger Glass describing his experiences as a volunteer.

Thursday, June 24: 3:00-4:30 pm

**ARMCHAIR TRAVEL SERIES: VIRTUAL DOCENT-LED TOUR, "THE ART OF THE GARDEN," SMITHSONIAN AMERICAN ART MUSEUM (SAAM) VIA ZOOM**

- While the Smithsonian museums are in the process of re-opening, in-person tours won't be offered until fall at the earliest. In the meantime, join us on Thursday, June 24, at 3 pm as Melissa Clark, a docent at the Smithsonian American Art Museum, offers a lively hour of close looking and conversation about "The Art of the Garden." We'll take a look at eight artworks (paintings, sculptures, and works on paper) from SAAM's extensive collection, all by artists inspired by gardens. We hope you'll mark your calendars and plan to attend! (Photo provided by SAAM, *Mountain Blossoms, Volda*, by William H. Johnson).
- Zoom link:  
<https://smithsonian.zoom.us/j/81549639876?pwd=SWRVVExjOW1MTDYvN3I2WU9aLzVxZz09>; Meeting ID: 815 4963 9876; Passcode: 674556



Saturday, June 26: 4:00-6:00 pm (Rain date Sunday, June 27)

**CELEBRATE DC'S REOPENING WITH A BACKYARD BBQ**

- Gloria Sulton is opening her beautiful Colonial Village backyard for a classic summertime cook out! Space is limited to 25 people.
- ERCV will supply hot dogs, hamburgers, and all the fixings. There will be thirst-quenching lemonade, iced tea, wine, and beer as well as salads and desserts to enjoy.
- Please contact ERCV at 202-656-7233 or email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) to register for this in-person event. **Notice:** Participants must be fully vaccinated — at least 2 weeks past final dose. Masks will not be required. Please let us know if you

prefer plant-based vegetarian hot dogs and burgers or have any food allergies or sensitivities. **Rain Date:** Sunday, June 27, 4-6pm.



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

Villages in the DC area work closely together, sharing resources and inviting others to participate in larger programs. Following is a sampling of these shared offerings; for more, visit the website [DMVVillageEvents.org](https://DMVVillageEvents.org).

**~ Health Online: Finding Information & Putting it to Use: Wednesday, June 2, 1:00-2:00 pm –**

We've all been there – late at night, staring into the glow of a screen trying to make sense of some health-related issue that we know nothing about. In his new book *Searching for Health*, Dr. Kapil Parakh, a practicing cardiologist, distills decades of scientific research into a set of insights and easy-to-follow tips. In this talk, he discusses key themes from the book including how to avoid common pitfalls, get the information you need, and partner effectively with your health team to figure out a path to good health together. For details on the presenter and to register, click [here](#). Offered by **Northwest Neighbors Village**.

**~ Virtual Speaker Series: Burma's Path to Genocide – Virtual Tour of a New Exhibition at the US Holocaust Memorial Museum: Thursday, June 3, 1:00-2:00 pm –**

The United States Holocaust Memorial Museum's latest exhibition, *Burma's Path to Genocide*, explores how the Rohingya went from citizens to outsiders and became targets of a sustained campaign of genocide. Museum experts will share an overview of the Museum's mission and work, and take us on a virtual tour of the new exhibition. While the Museum will be reopening on May 17, we are pleased to bring this experience to you online – and you will be among the first to see it. For details on the speakers and to **register**, click [here](#). Offered by **Northwest Neighbors Village**.

**~ Two Star Chefs Who are Making a Difference: Thursday, June 17, 2:00-3:00 pm –**

José Andrés and Ris Lacoste are making an impact on communities locally and globally, contributing their time, expertise, and passions to bring hope and well-being to those in need. Join us on Zoom to listen as they discuss what generosity of spirit means to them. Learn how they each attacked the challenge of the pandemic and their thoughts on the future of restaurants as the pandemic winds down. For details and to **register**, click [here](#). Offered by **Foggy Bottom West End Village**.





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

~ **Filmfest DC, a conversation with Tony Gittens: Wednesday, June 9, 3:00-4:00 pm** – Join the founder and director of Filmfest DC to learn about this year's Filmfest DC in its third year of virtual offering. Tony will share with us some highlights of this year's program: 60 films+35 countries+10 days = 1 amazing film festival. For details and to **register**, click [here](#). Free event offered by **AroundTown DC**.

~ **Virtual Workshops—Learning How to Compost at Home: Saturday, June 12 & Friday, June 18, 9:00-11:00 am, and Tuesday, June 15, 5:00-7:00 pm** – Composting reduces methane emissions and lowers your carbon footprint by diverting organic material from landfills. Using compost in your garden enriches the soil and retains moisture. DC residents can earn a maximum rebate of \$75 on a home composting system through the Department of Public Works' Home Composting Program. For details and to **register**, click [here](#).

-- Our thanks to Shelley Moskowitz, ERCV member and consultant, for compiling events for the calendar.



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

**"Like" us on [Facebook](#)**

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



### **SUPPORT ERCV WHEN YOU SHOP AMAZON -**

ERCV is registered with AmazonSmile Foundation. If you register us as your charity and bookmark the following link, all your eligible shopping will benefit us:

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

Thanks!