

JULY 2021

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

Let Freedom Ring!



Juneteenth has now been declared an official federal holiday, and our season of celebrating freedom is in full swing. As our neighborhoods bid farewell to the septdecennial sound of buzzing Brood X cicadas, we are about to hear in its place the raucous noise and splendor of Independence Day fireworks. With the marvelous help of COVID-19 vaccinations, our city and world are reopening for us.

As this edition goes to press, I have just returned from ERCV's first in-person backyard cookout (see photos in "Spotlight"). It was a joyful gathering, and, for some, their first time to be out with neighbors and friends since the pandemic began. ERCV will slowly add more opportunities like this to gather in person, including the return of our Lunch Bunch on July 8th – next Thursday – at the Parkway Deli. Come if you can to our early-morning or late-afternoon walks on Mondays. If you also like the ease and convenience of meeting on Zoom, don't worry. We will continue our Chair Yoga and Otago Fall Prevention Exercise classes online and plan to add occasional game days as well. Please help us think about other activities you would enjoy and help us make them happen.

History and this last year in particular teach us how fragile freedoms can be. Now, more than ever, let us not take any of our freedoms for granted. Instead, let us enjoy this summer in good health with family, friends, and neighbors, and savor every freedom we hold dear.

--David Mackoff



SPOTLIGHT: Celebrating ERCV neighborliness—in person!

Host Gloria Sulton, ERCV member and former President, welcomed guests to the June 26 cookout:



Everyone looks well-fed and happy to be together! Watch for more in-person events to come!



(photos courtesy of Shelley Moskowitz)



Useful information . . .

DMV resumes walk-in appointments the week of July 19: The DC Department of Motor Vehicles (DMV) has announced that it will resume walk-in appointments the week of July 19. (See the detailed announcement [here](#).) The DMV is also holding special weekend hours for in-person services at their 95 M Street SW location (8:15am to 4pm) and Inspection Station (6am to 2pm) on the following dates: Saturday, July 3; Sunday, July 11; and Sunday, July 18. As previously announced, the deadline to renew expired driver's licenses or IDs has been pushed back to September 9.

Please feel free to contact the ERCV office (info@eastrockcreekvillage.org or 202-656-7322) if you have questions about this or anything else related to the DMV, such as getting print-outs of DMV forms for driver's license renewals, reviewing documents necessary for REAL ID licenses and ID cards, obtaining Handicapped Parking placards, getting emissions tests at the self-service kiosk near Coolidge HS, or requesting a ride to your DMV appointment.



ERCV PORTRAITS: Meet Stan Kelly



After military service, Stan Kelly left his hometown of Akron, Ohio, to attend Howard University. During senior year, he married Norma, and in 1951 entered Georgetown Law School. When his GI bill expired, he left law school and took a job as a desk clerk at the Dunbar Hotel. The hotel needed dance teachers for a ballroom dance studio they had established, so Stan signed up and soon became a professional dance instructor. In those days, Arthur Murray Dance Studio accepted only white students, so the Dunbar studio was created to give African Americans a place to learn and practice dancing. That operation lasted only a year, but Stan continued teaching.

In the mid-1950s Stan joined the federal government as a probation officer. Later, he moved on to the Office of Equal Opportunity Programs, where he helped engineering and architecture firms across the US comply with equal opportunity mandates. Over the years, he worked for a variety of federal agencies as an Equal Employment Opportunity Officer, including the Department of Defense, USAID, and the Department of Labor, eventually being named deputy chief of EEO at NASA. He sent NASA representatives to high schools and colleges to encourage women and minorities to pursue space program careers.

In 1970 Stan and Norma were looking for a house and came upon a nice place on Juniper Street that was under construction. They jumped at the chance to purchase the house, raised three children there, and have lived there ever since.

Stan retired from government service in 1985, and since he had been teaching dance “on the side” all along, it was an easy transition to resume teaching full-time. Things came full circle when he was hired to teach mostly white students at the Chevy Chase Community Center. Stan says the most challenging aspects of teaching dance are giving people the confidence that they can learn the steps, and working with couples where one person can dance and one can’t. Most recently, Stan taught at the Banneker Ballroom Dance Studio, until a back injury in 2015 put an end to his teaching career. At age 95, he still dances for fun and hopes that social functions come back post-COVID.

Stan and Norma love being part of ERCV. When he tells friends and family outside our area about it, they say, “I wish we had something like that here!” Hopefully ERCV can have a dance party one day soon!

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



PLEASE JOIN US FOR JULY EVENTS -



Fridays, July 2, 9, 16, 23, & 30: 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 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> (The link is the same each week.)

NOTE about yoga: Are you interested in participating in **IN-PERSON CHAIR YOGA** at the above Friday time? We are looking forward to adding this option for Antonia's class if there is enough interest. We would meet at the Shepherd Park Library (7420 Georgia Ave.) in the upstairs meeting room. The library parking lot is tiny, but there is metered parking on Georgia Ave., or you can park on nearby neighborhood streets. We are looking into the technical means to have a hybrid class, both in-person and live-streamed on Zoom. Attendance in person would be limited, with masks required. **If you are interested in joining an in-person class** please let us know at info@eastrockcreekvillage.org or 202-656-7322.

Mondays, July 5, 12, 19, & 26: 8:00-9:00 am (Note time for summer walks.)

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 16th St.). There is ample street parking in the area. Masks are not required for this walk.
- Reservations are not necessary, but if you email 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.

Mondays, July 5, 12, 19, & 26: 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. Masks are not required for this walk.
- If there is interest, we may divide the group, with some walking on the rougher and steeper path in Rock Creek Park – a 1 ½-mile route.
- Reservations are not necessary, but email 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.

Tuesdays, July 6, 13, 20, & 27: 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 or call 202-656-7322 for more information on Otago and to receive the Zoom link.

Thursday, July 8: 11:30am-1:00pm

LUNCH BUNCH GATHERING AT THE PARKWAY DELI

- It's the return of a favorite ERCV activity! Come enjoy lunch with friends on the back patio of the Parkway Deli, 8317 Grubb Road, Silver Spring, MD 20910. Each person will order and pay for their own meal while enjoying time together.
- There is easy parking behind the restaurant near the back patio where we will be eating.
- Please RSVP to info@eastrockcreekvillage.org and call 202-656-7322 if you need a ride to lunch or have any questions.

Thursday, July 15: 3:00pm-4:00pm

BINGO ONLINE: CELEBRATE SUMMERTIME & WIN PRIZES

- We will play a few games and share summertime memories and plans. Pour yourself a nice cool drink, nibble on something sweet, and enjoy time and win prizes with ERCV friends and neighbors.
- **RSVP** to info@eastrockcreekvillage.org to be sent your special bingo cards. [Here](#) is the Zoom link to join the party.
<https://us02web.zoom.us/j/89656992585?pwd=NDFEZUJGQU56NDJNTUI0QmsxUzhvZz09#success>

Thursday, July 22: 3:00-4:30pm



ARMCHAIR TRAVEL SERIES: VIRTUAL DOCENT-LED TOUR OF "FAMILY AND HOME"

- As the world opens up again here in the US, many of us are thinking about the importance of family, and what home has meant and continues to mean.
- Join your neighbors and Smithsonian American Art Museum Docent Melissa Clark at 3 pm on the 22nd for an engaging discussion of how American artists have shared their ideas about family and home, and the significance of those connections.
- The photo (kindly supplied by SAAM) shows a work by the artist Carman Garza, titled "*Camas para Sueño*" (*Beds for Dreams*).

- Zoom Link:
<https://smithsonian.zoom.us/j/88550754834?pwd=cXFEQ08vQkFtL1VqMTBja2NocVprZz09> Meeting ID: 885 5075 4834 Passcode: 888511

Note: In case you missed the June 24 SAAM art tour on “The Art of the Garden,” there is a recording you can still enjoy:

<https://smithsonian.zoom.us/rec/share/5aDEke0k5iiZyuE46kYAv7zLW8OKX00GszDsW2376UoS WWTRE5Lpbr48KpRkvnDJ.ukgl8yFQuntVX9Lb> Access Passcode: 0Eh%SPur



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.

~ Online Feldenkrais Method Awareness through Movement: Wednesday, July 7, 10:00-11:00 am (and weekly through July) – The [Feldenkrais Method](http://FeldenkraisMethod.com)® of somatic education is a powerful and revolutionary approach to improving your life that uses gentle, mindful movement to bring new awareness and possibility into every aspect of your life. Developed by Dr. Moshe Feldenkrais, the Feldenkrais Method has helped millions of people worldwide. Instructor Susanne Christov is a Guild Certified Feldenkrais Practitioner with a doctorate in physical therapy and teaches in the Dupont Circle and wider Washington areas. To **register**, click [here](#). Capacity is limited. Offered by **Dupont Circle Village**.

~ Caregiver Support Group: Wednesdays, July 7 & monthly, 5:00-6:00 pm – Join Village Case Manager Barbara Scott for our Village’s first monthly caregiver support group. If you’re a current or former caregiver, whether that’s direct care for another or indirect care (financial manager, coordinator of direct care providers, power of attorney, etc.), you’re invited to spend an hour with Barbara and other caregivers to get the support that you need in your important role. Village members and non-members welcome and the session will be held on Zoom so anyone can participate. Once you have registered, we will send you an email reminder. For details and to **register**, click [here](#). Offered by **Cleveland & Woodley Park Village**.

~ French Conversation Group: Wednesday, July 7, 3:30-4:30 pm – Dust off your French with this French conversation group! For the Zoom/phone link and to **register**, click [here](#). Offered by **Cleveland & Woodley Park Village**.

~ *How the New Deal Remade Washington DC: Thursday, July 22, 2:00-3:00 pm* – The website [The Living New Deal](#) documents the vast number of New Deal public works projects constructed around the country in the 1930s, and includes a map and guide to the amazing wealth of New Deal public works and artworks in DC. The New Deal effectively transformed the city, though few remember that now, nearly a century later. What was achieved then provides a model and inspiration for what could be accomplished today with sufficient funding, civic spirit, and popular mobilization. Join Richard Walker as he takes us on a virtual tour of some of DC's best New Deal art, architecture, and parks. For details and to **register**, click [here](#). Offered by **Northwest Neighbors Village**.



. . . AND SOME COMMUNITY OPPORTUNITIES . . .

~ *“Just Us” at the National Gallery of Art: weekly on Mondays, 2:00-3:15 pm* – Provides interactive, discussion-based experiences for people with memory loss and their care partners. Participants explore two works of art during virtual sessions on Zoom. Since we’re not constrained by physical proximity or travel to the Gallery, we can welcome pretty much anyone who might like to join us for a conversation about works of art using Zoom. For more information go to <https://www.nga.gov/calendar/guided-tours/just-us.html>. To **register**, please email access@nga.gov.

~ *Off the Beaten Path in Paris with Kathy Borrus: Wednesday, July 14, 3:00-4:00 pm* – On Bastille Day, July 14, Kathy will take us on an armchair tour of Paris, beyond the usual tourist spots to some of her favorite neighborhoods, highlighting markets and museums off the beaten path. Before embarking on her freelance writing career, Kathy traveled the world, sourcing goods and creating products, as the Merchandise Manager and Senior Buyer for the Smithsonian Institution Museum Shops. She lives in DC and spends a month in Paris each year. For details and to **register**, click [here](#). Offered by **AroundTownDC**.

~ *The Life and Times of Hattie Sewell: Thursday, July 15, 3:00-4:00 pm* – In 1920, an African-American woman named Hattie Sewell applied for a concession to run the teahouse at Peirce Mill. She won the contract and increased business at the teahouse. But a prominent neighbor complained that Peirce Mill had become “a rendezvous for colored people, soon developing into a nuisance.” Although there were no other complaints, her contract was terminated in 1921. The Friends of Peirce Mill and Rock Creek Park are working with students from Howard University to learn more about Hattie Sewell and to create a short film about her life. In this virtual conversation, Angela Kramer from the Friends of Peirce Mill will share the fascinating results of this new research, and draw connections between Hattie Sewell and the times in which she lived. For details and to **register**, click [here](#). Offered by **AroundTownDC**.

~ **Brain Health with Dr. Jesse Brand: Wednesday, July 21, 3:00-4:00 pm** – Dr. Jesse Brand, a board-certified clinical neuropsychologist, will show us some strategies to improve our memories, get organized, and use all the resources we have. He will debunk some myths about aging and show us how to protect ourselves from falsely-advertised products. Gain insight into research-supported lifestyle changes that can optimize thinking skills and build resilience against dementia. For details and to **register**, click [here](#). Offered by **AroundTownDC**.

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



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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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