

AUGUST 2021

East Rock Creek Village — 202-656-7322

info@eastrockcreekvillage.org—www.eastrockcreekvillage.org



PRESIDENT'S CORNER

Our Unique Odd-Year Olympics



After a year's postponement due to a world-wide pandemic, the summer Olympics have come to Japan to thrill and astound us, to show us what talented and dedicated humans can do, and to remind us of the size and diversity of our shared world. Highest-level athletes are now competing in Japan, without family or fans physically present, as cases of COVID-19 surge in Tokyo and throughout the country. As the 2021 Olympians proudly represent their nations, we see their hopes and realities side by side.

Here at home, the hot and humid days of summer have been punctuated by powerful thunderstorms followed by brief respites of cooler air. Shielded by the promise of effective vaccines, many of us had begun to venture out again to enjoy in-person visits with family and friends. Now new, more contagious coronavirus variants have emerged, infection rates are increasing, and **Mayor Bowser has just mandated that we once again all wear masks indoors.** (Please see our *Useful information about COVID-19* section below.)

Hope and reality. But in this confusing, transitional time, East Rock Creek Village is here to help.

In preparing for whatever the future may bring, we at ERCV would like to learn from **your** experience. Your thoughts and opinions are of vital importance to us. Along with other DC Villages, ERCV is sending out a [confidential survey](#) to help us see what we've done well and what we can do better. Anyone who is reading this newsletter is welcome to respond. We especially hope to hear from those who have:

- attended any of our online or in-person events, especially during the pandemic;
- received grocery deliveries, help with technology, assistance getting vaccinated, or rides to medical appointments;
- or have ever helped plan or implement any of ERCV's educational, social, or health and wellness activities.

As you probably know, ERCV memberships have been complimentary during the pandemic, and our ranks have swelled. We want to understand the thoughts and perspectives of our newest members as much as we want to learn from our long-time supporters. If you would prefer to receive a paper copy of the survey or have a volunteer ask you the questions and record your answers, please call the ERCV office at 202-656-7322. **The deadline is Monday, August 23rd.** Please see the *Spotlight* section below for details.

The survey is one way to help ERCV address our members' current and future needs. Becoming an ERCV volunteer is another. If you have an hour or two a month to help a neighbor by offering a ride or know of others who would enjoy assisting ERCV in one way or another, we want and need you! Every prospective volunteer, or any veteran volunteer who would enjoy a refresher course, is invited to join us at our next **online volunteer training on Sunday, August 15th from 2:00-3:30pm**. Please RSVP at info@eastrockcreekvillage.org.

Let's demonstrate our own Olympic-like spirit. Help bolster the promise and reality of East Rock Creek Village by completing the survey as soon as possible and becoming a volunteer yourself and/or recruiting others to volunteer. Of course, I also hope to see you on the Mi Rancho restaurant patio for our next in-person Lunch Bunch gathering on August 12th in Silver Spring, or online as we explore Spain, Portugal, and Morocco with ERCV volunteer leader, master photographer, and world traveler Ralph Blessing on August 26th.

ERCV will be here for you throughout the swirl of storms and in the calm, cooler times. Please stay healthy and let us know if there is any support you need.

--David Mackoff



SPOTLIGHT: Important Message to Village Members

INQUIRING MINDS WANT TO KNOW how East Rock Creek Village (ERCV) can best meet your needs. You are important to us, and we invite you to share your thoughts and opinions through this [survey](#). By participating, you will help our Village gain a deeper understanding of our community's needs. We want to learn from your recent experiences with ERCV and identify ways we can assist you in the future. We hope that **each Village member in your household will complete the [survey](#)**.

- Your survey responses will be **confidential**. The survey is being conducted with Villages across DC by an external evaluation partner, Sharp Insight, LLC, and your data will be protected by their security policies and procedures. To protect your privacy, our Village will receive a summary report of the data, but all individual responses will be reported in aggregate – meaning no single individual will be identified in any reporting.

- We hope you will share your honest thoughts and opinions so that we can move forward with the best understanding of member needs possible.
- You may participate by clicking on this [SURVEY](#) link
- We request that you **complete this survey no later than August 23rd**. If you have any questions, or **if you would prefer to respond to these questions through an interview with a volunteer, please contact the ERCV office at 202-656-7322.**
- This survey should take you between 15 and 20 minutes to complete.
- For the purposes of this survey, our newsletter readers are considered to be members whose opinions we value and want to know.



Useful information about COVID-19 . . .

The Center for Disease Control (CDC) recently updated guidelines on mask wearing and testing for fully vaccinated people as the highly contagious delta variant spreads across the country. And DC Mayor Bowser recently announced that effective Saturday, July 31, “... all people over the age of two must wear a mask indoors regardless of vaccination status.”

The new CDC guidelines recommend:

- Fully vaccinated people wear a mask in public indoor settings in areas with “substantial or high transmission.”
- Fully vaccinated people may choose to wear a mask regardless of the level of transmission in their area, particularly if they are immunocompromised or at [increased risk for severe disease](#) from COVID-19, or if they have someone in their household who is immunocompromised, at increased risk of severe disease, or not fully vaccinated.
- Fully vaccinated people who have a known exposure to someone with suspected or confirmed COVID-19 to be tested 3-5 days after exposure, and to wear a mask in public indoor settings for 14 days or until they receive a negative test result.

Please note that **adults 65 years and over and people with long-standing social and health inequities are considered at risk for severe illness and death. Data also indicates that fully vaccinated people may spread the delta variant as easily as those who are unvaccinated.**

- **Take the Shot, DC:** Free vaccines, no appointment needed at Ida B. Wells Middle School, 405 Sheridan Street, NW, Wed - Sat, 9am-1pm & 2pm-7pm until August 21st.
- **DC residents who cannot leave their home independently can be vaccinated at home.** All you need to do to is call **1-855-363-0333** from 8am to 7pm on weekdays or 8am to 4pm on weekends and request an appointment. Make sure you tell the call taker that you need to receive the vaccine at home.

- **Need a COVID-19 Test?** [Here are current sites.](#)

ERCV can assist you or your neighbor to get vaccinated or tested and provide a ride if needed. Call us at 202-656-7322 or email info@eastrockcreekvillage.org. (ERCV membership is open to residents of Ward 4 living east of Rock Creek Park and north of Kennedy St. who are 50 or older. There is no cost for membership during the pandemic.) **Get updated DC Coronavirus information** [HERE](#).

🌀 **ERCV PORTRAITS is on vacation this month!** 🌀

PLEASE JOIN US FOR AUGUST EVENTS -



Crape Myrtle

Mondays, August 2, 9, 16, 23, & 30: 8:00-9:00 am

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, August 2, 9, 16, 23, & 30: 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, August 3, 10, 17, 24, & 31: 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.

Fridays, August 6, 13, 20, & 27: 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 to join the class.
<https://us02web.zoom.us/j/85628785908?pwd=Ylp1VzZ5dzBDUFA1aFRWMkVmalpNZz09#success> (The link is the same each week.)

Thursday, Aug 12: 11:30am-1:00pm

LUNCH BUNCH GATHERING AT MI RANCHO

- Come enjoy lunch with friends on the patio at Mi Rancho, 8701 Ramsey Ave, Silver Spring, MD 20910. Each person will order and pay for their own meal while enjoying time together.
- Mi Rancho Restaurant is a family operated restaurant that opened in 1990. Enjoy fajitas & Tex-Mex classics plus handmade tortillas served in a colorful spot with year-round patio.
- There is street parking and a low-cost public garage one block away on Cameron Street.
- Please RSVP to info@eastrockcreekvillage.org and call 202-656-7322 if you need a ride to lunch or have any questions.

Sunday, August 15: 2:00-3:30 pm

TRAINING FOR NEW ERCV VOLUNTEERS VIA ZOOM



- Do you have an hour or two a month to help your neighbors? Consider becoming an ERCV Volunteer. We need more drivers to offer rides to medical appointments and do grocery shopping, light in-home tasks, and technical assistance. Once trained, you can choose your assignments and set your own schedule. Volunteers can also help behind the scenes to keep our Village strong and growing.
- 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. Volunteers may live outside our service area and need not be an ERCV member.
- Please email 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 pm on Sunday, August 15, does not work for you.
- Click [here](#) to view a short video of ERCV volunteer Roger Glass describing his experiences as a volunteer.

Thursday, Aug 19: 3:00-4:00pm

BINGO ONLINE: CELEBRATE SUMMERTIME & WIN PRIZES

- We will play a few games and share more summertime memories. Pour yourself a nice cool drink, get a slice of watermelon or a bowl of cherries, 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/81020205568?pwd=T3ZqYUZlelg5NDNicytBU3Q0Z09aQT09>
or phone 301 715 8592, Meeting ID: 810 2020 5568 Passcode: 557877

Thursday, Aug 26: 3:00-4:30pm

ARMCHAIR TRAVEL SERIES: EXPLORE THE WONDERS OF SPAIN, PORTUGAL, & MOROCCO

- ERCV volunteer, world traveler, and masterful photographer Ralph Blessing will share photos from two trips taken to the region in the last 5 years. The first trip was northern Spain (Barcelona to Santiago de Compostela), as well as the Douro valley and the city of Porto in northern Portugal. The second trip originated in Madrid and took in most of Spain's iconic sites to the south: Granada, Córdoba, Sevilla, etc., before crossing the Strait of Gibraltar to Tangier, Morocco, which was the launch pad for brief visits to Marrakesh, Fez, and the capital city of Rabat.



- Join Zoom Meeting
<https://us02web.zoom.us/j/88479568336?pwd=YnkvQktSWmdmT2F3MFpXbmpZTmE4QT09> Meeting ID: 884 7956 8336 Passcode: 480153
- Email info@eastrockcreekvillage.org with questions and to receive reminder emails.

Please note: There will be no mid-August Calendar Update .

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.

~ The Latest in Mobility for All! With Dr. Marc Gruner, DO, MBA, RMSK: Wed., August 4, 5:30 pm – Please join us online to hear Dr. Marc Gruner, a Mayo-trained sports medicine physician, as we examine the latest techniques in mobility for seniors and others. During the pandemic, many of us became more sedentary, or we may have pre-existing problems we need to address. Join us to find out the latest procedures, technologies, and techniques to get yourself moving again! To **register**, call the Georgetown Village office at 202-999-8988 or email lynn@georgetown-village.org. Offered by **Georgetown Village**.

~ Meditation with Christina: Thurs., August 5, Mon., August 9, and continuing every Mon. & Thurs., 9:00-9:30 am – Join other Villagers for meditation time led by instructor Christina Tolbert Mangino. Instructions on how to join the class, whether by Zoom or by phone, will be sent to you the morning of each class. To **register**, click [here](#). Offered by **Dupont Circle Village**.



... AND SOME COMMUNITY OPPORTUNITIES ...

~ **Four-Week August Online Crochet Club: Wednesdays, Aug. 4, 11, 18, & 25, 1:00-2:00 pm** –

Join Lena Frumin in a 4-week crochet club. Bring your projects or a ball of yarn and crochet hook and we will try to work together to explore the magic of crochet. You can do so much with this simple tool. If you have no experience visit YouTube's many beginning crochet videos and practice! **AroundTownDC** is collaborating with the YMCA Fit & Well Seniors Program, so you'll meet some new friends online! For details and to **register**, click [here](#). (AroundTownDC events require you to create a free account, but it is easy to do! Instructions are on the registration page.)

~ **Free Summer Concerts at Glen Echo Park: Thursdays, Aug. 5, 12, 19, 26; Sept. 2 & 9, 7:30 pm**

– Glen Echo is at 7300 MacArthur Blvd.; phone 301-634-2222. Concerts are held in the Bumper Car Pavilion, with bench seating; or concertgoers can bring their own chairs. One of our readers suggests sitting at some distance since the volume is loud! For details on the programs and access to a site map, visit <https://glenechopark.org/summerconcerts>.

~ **DISdance Virtual Party on Friday Afternoon!: Fridays, Aug. 6, 13, 20, 27, and continuing weekly, 5:00-6:00 pm** –

Get the weekend started by dancing using the DC Public Library's [Freegal](#) music collection. We'll DISdance along to a variety of playlists. We will review how to use this wonderful resource at 5:00 pm and start dancing at 5:30-6:00 pm. This program will be hosted by our dynamic friend B Milenkovic from the DC Public Library. Once you have registered, you will be on our list each week. To **register**, click [here](#). Offered by **AroundTownDC**. (AroundTownDC events require you to create a free account, but it is easy to do! Instructions are on the registration page.)

~ **Legal Counsel for the Elderly – Home Ownership: Thursday, Aug. 19, 3:00-4:00 pm** –

Presentation will focus on protecting home ownership and cover a variety of topics, including: the DC tax sale, property tax assistance for seniors, preventing foreclosure, and spotting and avoiding scams and fraud. The training will also provide information on Schedule H, an under-claimed DC tax benefit available to both homeowners and renters in the District. For details and to **register**, click [here](#). Offered by **AroundTownDC**. (AroundTownDC events require you to create a free account, but it is easy to do! Instructions are on the registration page.)

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



ERCV Newsletter Editor: Nancy Foster nfoster14thst@gmail.com

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Our thanks to the DC Department of Aging and Community Living (DACL)
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