

SEPTEMBER 2021

East Rock Creek Village — 202-656-7322

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PRESIDENT'S CORNER

Boosters



After this long, hot, humid, wet summer, I look forward to the cooler breezes and changing colors of autumn. The seasonal variations are welcome and boost my spirits. It's a good time to look around, appreciate what we have, and consider how we might make the lives of those around us just a little bit better.

Last month I invited you to share your thoughts about being part of ERCV in a city-wide survey of DC Village members and volunteers, and quite a few of you did! Thanks to everyone who participated. The responses are being tabulated, and our Board will get a report within the month. The results should give us a boost in understanding what we've been doing right during the pandemic and what more we can do to help our neighbors.

When we see the word "booster" these days, we almost invariably think of coronavirus vaccine booster shots. As you know, despite the remarkable progress made earlier in the year, the highly-contagious COVID-19 Delta variant is still on the rise. Those of us who are fully vaccinated are largely protected from most severe complications of the disease (hospitalization and death), but we can still easily become infected and spread the disease to others, so it's still important to avoid crowds, wear a proper mask, and wash our hands.

The CDC recommends that we get a booster shot eight months after our second dose of the vaccine. Those with weakened immune systems should get a third dose of the vaccine as soon as possible. Please read carefully the COVID-related *Health Updates* in this newsletter to see how you may get a third shot if you qualify, and how to take other precautions as needed. Remember, ERCV will be there to help if you require assistance.

On a lighter note, if you want a boost of energy this month, come join us for one or more of our Monday walks or Friday Chair Yoga classes. Or join fellow Villagers for lunch at the Lotus Café on Thursday, September 9th. Personally, I'm especially looking forward to Thursday, September 23rd, when our Armchair Travel Series will focus on the works of the Washington Color School (a movement I'm just now learning about). This topic was requested by one of our members, and we are grateful to our wonderful docent Melissa Clark for her extra effort in creating this special tour for us. I do hope you will join us online!

I wish everyone a Happy Labor Day and hope we will take a moment to appreciate the many who continue to risk their health working to help us all. Finally, to those who celebrate the Jewish High Holidays this month, I wish a sweet and happy New Year. May we continue to boost each other's spirits and welfare as we make our way through the season.

--David Mackoff



SPOTLIGHT: Health Updates — COVID Booster Shots & More

Third shot for people who are immunocompromised: Based on the recently updated FDA and CDC guidance, a third shot of the COVID-19 vaccine is currently available to people who are moderately or severely immunocompromised or if recommended by a physician. Call your physician or neighborhood pharmacy. If you need a ride to an appointment, please call the ERCV office at 202-656-7322 with enough advance time to arrange for a volunteer driver.

Booster shot after 8 months: DC Health has not yet published their guidance on how COVID vaccine shots will be distributed in the District when previously-vaccinated people become eligible for booster shots. The current recommendation is to wait until 8 months after your second shot. Updates will be provided as information becomes available.

DC Health expansion of in-home vaccination program: DC Health recently announced that the District has expanded its in-home vaccination program. Previously, the program was only for residents who were unable to leave their homes. Now, any resident who prefers to get vaccinated at home – for whatever reason – can call 1-855-363-0333 to schedule a free at-home vaccination.

Sign up for DC MyIR today! Standing for “My Immunization Record,” DC MyIR is a secure, web-based portal that gives District residents access to their official COVID-19 vaccination records. DC MyIR was developed through a partnership of the DC Dept. of Health with the Dept. of Health and Human Services and the Centers for Disease Control and Prevention. For step-by-step user instructions, including how to register, see the [MyIR User Guide](#). You can register online at the [District's MyIR portal](#).

Consider upgrading your mask: Given how contagious the Delta variant of COVID-19 is, masks are recommended indoors in public places and in some outdoor settings (if there is a crowd). [Here](#) is a helpful website from the Centers for Disease Control and Prevention (CDC) about effective masks and how to wear them; and visit [Project N95](#) for additional resources. Project N95 is a national nonprofit that sources masks and home-testing equipment from verified suppliers and makes them available for sale to the public. They even offer a helpful guide on finding the right mask size in the FAQ section of their website.

COVID at-home testing kit: *Test Yourself DC* is an at-home testing kit that allows you to take a COVID-19 test at home without having to wait in line at a testing site. This kit should be used by individuals 18 years of age and older. *Test Yourself DC* kits are available for pick-up at 16 libraries, including nearby Shepherd Park Library. For more information, visit testyourself.dc.gov.

Hearing aid assistance program: The DC Dept. of Health (DC Health) Hearing Aid Assistance Program (HAAP) provides District residents with a reimbursement to offset the cost of purchasing a hearing aid. A reimbursement of up to \$500 per applicant is available, depending on the out-of-pocket cost and funding availability. District residents who meet the following criteria may apply for reimbursement:

- 0-14 years of age, 60 years of age or older, or have a disability
- household income of less than \$100,000 a year
- hearing aid purchases made between June 1, 2018, and September 15, 2021

Apply now! Funds expire on September 30, 2021. Click [here](#) for more information on how to apply. For questions or to request an application, email <mailto:tmoses@smsllcgroup.com> or call 202-656-3027.

September is National Falls Prevention Awareness Month. According to the National Council on Aging, falls affect 1 in 4 Americans aged 65+ every year. Falls can be prevented through simple lifestyle adjustments, STRENGTH AND BALANCE EXERCISES, medication management, and regular vision checks.



Other useful information . . .

Driver's license renewal update: All expired DC licenses & ID cards MUST be RENEWED before September 9. After that date, you must take and pass the knowledge test or take the District's online traffic school course if your license expired more than 365 days ago. Call 311 for assistance with an expired license. For basic information about renewing licenses and up-to-

date forms to download and print go to <https://dmv.dc.gov/service/driver-services>. ERCV can print forms for you and help you through the process of renewing your license or ID card when it expires, including getting medical approval if you are 70 or older.

Afghan refugee assistance: Large numbers of Afghan refugees are arriving in the metro-DC area. If you are wondering how to help, please see this [article from DCist](#) which provides a useful list of local agencies and businesses that are collecting funds and supplies, and welcoming volunteers.

The Parks Neighborhood History Effort: The Parks at Historic Walter Reed is kicking off a history-gathering project this fall to engage the community and uncover historical facts, references, and stories from the people and neighborhoods surrounding the historic Walter Reed Military Hospital. The goal of this project is to find and elevate the stories of people impacted by the hospital's location in the neighborhood: past and former residents, students, visitors, employees, and more. Have stories to tell? Start pulling your images together and stay tuned for meeting dates this fall! Questions? Contact info@theparksdc.com with 'history' in the subject line.



ERCV PORTRAITS: Meet Marian Williams



Marian Williams is almost a true DC native. She was born in Bladensburg, MD, but her family moved into the District while she was still a baby. They lived in “far northeast” near the Kenilworth Aquatic Gardens, and Marian considered herself a country/suburban girl.

Marian excelled in academics and was salutatorian of her high school class. She earned a bachelor's degree from Miner Teachers College of UDC, and a master's from the University of Maryland. While teaching in Baltimore, Marian was invited to be one of only two teachers to integrate Kramer Junior High, shortly after Brown v. Board of Education.

In the 1970s, Marian bought into an Adams-Morgan co-op, the first black person admitted to the co-op – on MLK’s birthday – and she is very proud of that. There was resistance to her living there, but she stayed the course, and eventually served as secretary of the co-op board. In the 1980s, she purchased her current Manor Park home.

Around that time, she discovered Servas International, a nonprofit designed to build world peace and goodwill by connecting hosts and travelers. This organization gave her the chance to travel around the world, including nine trips each to Africa and Hawaii, as well as many other destinations. She even had the chance to ride both a camel and an elephant, and twice jumped out of a plane! As a host, she relished sharing our city with visitors from all over the world.

Since retiring, Marian has written poetry – she is currently working on a new collection – self-published a book, and taught English in Costa Rica. She was also involved with a program at UMD in which students interacted with seniors. She taught poetry and camping skills, and they taught her basketball! In 2008, she was guest speaker at a HUD celebration of the 40th Anniversary of the Fair Housing Act. She was a member of the Retired Senior Volunteer Program (RSVP), helping at VA hospitals and women’s shelters and with holiday toy collections and the Ms. Senior DC contest. Marian also worked at the Council of Governments for several years. On top of all that, Marian was a volunteer judge, interpreter, and chaperone for Youth for Understanding, as well an officer of the DC Retired Educators Association.

In addition to these many activities, Marian raised a daughter and cared for her brother when he became ill with Alzheimer’s disease. Sadly, she lost her daughter to cancer, but she maintains a close relationship with her two granddaughters. Marian loves being part of ERCV, and especially enjoys reading the newsletter and attending social events. She’s looking forward to more in-person gatherings!

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



PLEASE JOIN US FOR SEPTEMBER EVENTS -



Golden Rain Tree seed pods

Fridays, September 3, 10, 17, & 24: 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.)

Mondays, September 6, 13, 20 & 27: 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, September 6, 13, 20, & 27: 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, September 7, 14, 21, & 28: 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, September 9: 11:45am-1:00pm

LUNCH BUNCH GATHERING AT LOTUS CAFE

- Come enjoy lunch with friends on the patio at the [Lotus Café](#), 8077 Georgia Ave., Silver Spring, MD 20910. When driving north on Georgia Ave., turn right on Sligo Ave. and then make a very quick right onto the access road.
- There is metered street parking and a small parking lot nearby with meters.
- Each person will order and pay for their own meal while enjoying time together.
- The Lotus Cafe is a delicious Vietnamese restaurant. Enjoy the \$7.50 [Lunch specials](#) that include a choice of salad and Spring or Summer Rolls, or try a Vietnamese pho noodle soup, all while seated under a covered patio.
- Please RSVP by email at info@eastrockcreekvillage.org or call **202-656-7322** so we can save a seat for you and arrange a ride if needed.

Thursday, September 23: 3:00-4:30pm

ARMCHAIR TRAVEL: THE WASHINGTON COLOR SCHOOL

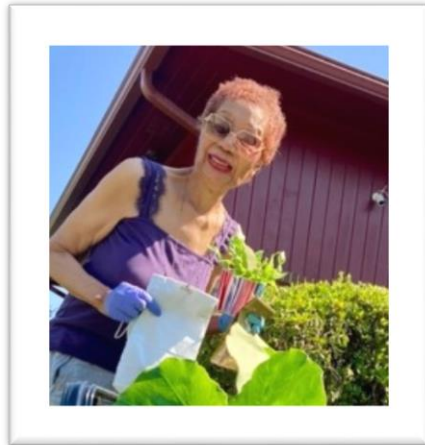


- Did you know that in the 1960s a group of Washington DC artists developed their own “school” of painting style? Join Smithsonian American Art Museum (SAAM) docent Melissa Clark for a look at the work of six painters whose work broke away from that of the Abstract Expressionists as part of the “color field” movement that lasted into the 1970s.
- We'll look at works by Gene Davis, Kenneth Noland, and others, and learn how an influential art critic from New York had a hand in turning the attention of the art world away from Abstract Expressionists and toward the work of the Washington Color School. (The title of the artwork is "Hot Beat" by Gene Davis.)
- Join Zoom Meeting <https://smithsonian.zoom.us/j/85990065190?pwd=K2RMV0ZKNXd4eGVUS TJNR3hlei9PdZ09> Meeting ID: 859 9006 5190 Passcode: 680259

Did you miss our August Armchair Travel to Spain, Portugal, and Morocco or want to experience it again? Click [here](#) to watch online. Thank you, Ralph Blessing, for sharing your beautiful photographs and world travels!

https://drive.google.com/file/d/1i9_MBOgb5CWgg78WvLBL-Fn93qAmlc28/view

Early-morning nature sighting: 3 monarch butterflies enjoying milkweed blossoms in the rain garden installed at Children's National Research and Innovation Campus, 13th Pl. at Fern St. —
happy news for endangered monarchs! *—from the Editor*



ERCV member Evon Ervin was one of last month's lucky summer-themed Bingo prize-winners. Prizes included fresh donuts from Donut Run in Takoma DC, chocolates, and a houseplant. Stay tuned for a Halloween-themed Bingo party online in October!



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.

~ **Local Artist & Illustrator Talk: Susan Stockdale: Thursday, Sept. 9, 1:00-2:00 pm** – Picture books are a unique form of art in which words and images are intricately linked to create a compelling reading and visual experience. Stockdale will demonstrate how she researched, wrote, and illustrated her 2021 picture book *Bird Show*. In this visual presentation, learn how she conducted research with ornithologists to develop her manuscripts, sketches, and images. Find out how this former textile designer ensured the visual accuracy of her bird subjects while highlighting their fanciful patterns. Discover how her books can open young eyes to the beauty of birds. **Registration not required.** Here is the Zoom link:
<https://us02web.zoom.us/j/83833376097?pwd=TOJ0TXZ0WC9wSi9sWHpOQWZnTWpOQT09>
Offered by **Bradley Hills Village and Chevy Chase at Home**

~ **Meditation for the Masses: Monday, Sept. 14 & weekly, 11:00 am-12:00 noon** – Join respected meditation leader Anandarooma for an hour of stress relief through a series of simple breathing and contemplative meditation exercises. Open to all physical levels, though ability to

hear directions is necessary. To **register** and view all dates, click [here](#). Offered by **Waterfront Village**.

~ *Coping with Uncertainty: Incontinence and Treatment Options: Wednesday, Sept. 22, 12:00 noon* – Village Social Worker Barbara Scott leads a weekly discussion on Coping with Uncertainty. On this date she will be joined by [Dr. Charelle Carter-Brooks](#), urogynecologist at GW, to discuss incontinence and treatment options. There will be a Q & A session at the end. **Due to the confidential nature of the discussions in this group, this session is for members and volunteers of local Villages ONLY.** Dr. Carter-Brooks's website includes an informative podcast. Questions may be asked live at the session, or contact Barbara Scott, Case Manager, at casemanager@dupontcirclevillage.net with confidential questions she will ask on your behalf at the session. To **register**, email Barbara. For details and access link, click [here](#).



. . . AND SOME COMMUNITY OPPORTUNITIES . . .

~ *NSO in Your Neighborhood will perform free chamber and orchestral concerts throughout upper Ward 4 and nearby Silver Spring from Sept. 3-22.* Taking place across three weeks in September, the National Symphony Orchestra's *In Your Neighborhood* partners with local artists and venues to celebrate the power of live music. Join us for a month of FREE performances as we reflect and reconnect with each other. For detailed information and schedule, click [here](#).

~ *Book group: Bleak House by Charles Dickens: Thursday, Sept. 9, & each 2nd Thursday of the month, 3:45-5:00 pm* – A group will start a journey through the Dickens novel, beginning with Chapters 1-4. For details and to **register**, click [here](#). Offered by **AroundTownDC**.

~ *Movies on the Lawn at The Parks: Saturday, Sept. 11, 8:00 pm following the NSO in Your Neighborhood concert at 7:00 pm* – National Symphony Orchestra musicians offer a free chamber performance at 7pm on the Great Lawn at The Parks at Walter Reed. Bring a picnic, blankets, and chairs, and enjoy Haydn and Mozart performed by world-class musicians. Stay for **Disney Pixar's *Soul*, the second of the "Movies on the Lawn" series** highlighting Black films and actors, beginning at dark. The Great Lawn is located at the center of the campus. Enter from 16th St. NW, or enter from Georgia Ave. at Butternut St. NW, and follow Main Drive around to the grassy area. Parking is limited on the site, so walking or biking is recommended. Bike parking is available on racks and signage throughout the site. Some street parking is available inside The Parks gate, and street parking is also available along Georgia Ave. and Butternut St. NW.

~ *Book talk: The Lost September by Elizabeth Bowen: Friday, Sept. 17, 2:00-3:00 pm* – Presenter: Julie Donovan, Associate Professor of the Women's Leadership Program at George Washington University. Her research area is Ireland in the nineteenth century with a focus on

women's writing. For details, and to register if you haven't been participating in this group, click [here](#). Offered by **AroundTownDC**.

~ Used book sale at Shepherd Park Library: Saturday, Sept. 25, 10:00 am-4:00 pm (special pre-sale for members of the Friends of the Library: Friday, Sept. 24, 2:00-5:30 pm) – Sponsored by the Friends of the Library. It will be set up outside if there's good weather, but there will be an indoor space as a backup plan. ERCV is a proud member of Friends of the Shepherd Park Library. You need not be a Friend to attend, but you can join the Friends as they near their goal of 100 members by the end of the year.

Remember that the **Y's Fit & Well Senior Program** offers **many free classes daily**. Take a look at their [schedule and class descriptions](#). The YMCA program will be starting two new virtual clubs — [a walking club](#) and a [quilting club](#). Click the highlighted links to express your interest in participating.

-- 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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