

OCTOBER 2021

East Rock Creek Village — 202-656-7322

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PRESIDENT'S CORNER

Welcoming Autumn



Autumn has arrived in our fair town. We made our way through a hot, rainy summer and can now enjoy the season's bright skies and cooler breezes. Leaves will crunch beneath our feet as we find ourselves surrounded by a mosaic of red and yellow, orange and brown.

This month, ERCV and other local Villages will be planning and preparing for the future. Additionally, the national Village to Village Network will hold its annual conference from October 5th through 7th. The conference will again be virtual this year, reducing its cost and enabling more of us to easily participate. This is an opportunity to hear about the larger Village movement as we learn of and share

best practices during this time of continued pandemic. Please let us know if you are interested in attending.

I want to thank all who participated in the recent DC Villages survey. The anonymous ERCV-specific responses were heartening to read. We received many kind testaments of appreciation as well as excellent suggestions from 57 ERCV members and volunteers. Among other things, I was reminded of how we pulled together as we navigated the pandemic, moving in-person activities to our phones and computers, finding safe and creative ways to provide services, and helping our neighbors get their COVID-19 vaccinations.

I'm also looking forward to thanking our wonderful volunteers in person at our Volunteer Appreciation Cookout on Saturday, October 9th. So many people have gone above and beyond the call of duty to help during the pandemic by arranging vaccinations, driving members to their appointments, picking up and delivering groceries, or working behind the scenes to keep ERCV visible, healthy, and growing. We are all excited to welcome our new volunteers and encourage others to see how they can help us move forward.

I hope you will join ERCV's Lunch Bunch to celebrate the season at the Olive Lounge's outdoor patio in Takoma Park on October 14th, and win prizes online playing our Halloween-themed Bingo games on October 28th. In between, please come join our morning and afternoon walks on Mondays and Chair Yoga sessions on Fridays. And please take a look at the wide range of activities that are described below in our newsletter. The city is brimming with opportunities to learn, enjoy, and connect with others – and most of them are only a few clicks away!

Wishing you all a happy and healthy autumn.

--David Mackoff



SPOTLIGHT: COVID-19 Updates

Booster shots are now available to people who are ages 65+ who received the Pfizer-BioNTech vaccine, six months after their second dose. Eligibility also includes those ages 18 to 64 with underlying health conditions or those who are at high risk for occupational or institutional exposure.

Where can I get a vaccine shot – or a booster, if I'm eligible?

- **Retail pharmacies:** Select [CVS](#) and [Walgreens](#) are offering first shots and boosters with no appointments necessary, but you can follow the links to schedule an appointment. [Giant Food](#) (enter "COVID vaccine" in the search box), [Safeway](#), and [Costco](#) have vaccination appointments available. Follow the links to book online.
- You should not have any out-of-pocket costs for getting the vaccine.
- Call ERCV at **202-656-7322** or email info@eastrockcreekvillage.org if you have any questions or need assistance.

What about flu shots and other immunizations?

- Walk-ins or appointments are also available for most [immunizations](#) like flu, shingles, pneumonia, and more.
- COVID-19 vaccines and other immunizations may now be administered on the same day.

COVID resources:

- Information and vetted sources for masks and other protective products:
 - <https://www.nytimes.com/wirecutter/reviews/where-to-buy-n95-kn95-masks-online/>
 - [Project N95](#) is the nonprofit-vetted source for personal protective equipment (PPE) & COVID-19 test kits and masks from verified suppliers. <https://shop.projectn95.org/masks/>
- At-home COVID tests are available at the Shepherd Park Library. To learn more visit coronavirus.dc.gov/testyourself.

- COVID vaccines are widely available. To learn more visit [coronavirus.dc.gov/page/get vaccinated](https://coronavirus.dc.gov/page/get-vaccinated). All unvaccinated and homebound residents can book an appointment for in-home vaccinations through the DC Health call center at 855-363-0333.
- There are reports of scammers purporting to offer COVID-19 vaccines and treatments and trying to charge for them. [AARP's Fraud Watch Network](#) is tracking the latest scams.



Other useful information . . .

DDOT Extends Annual Visitor Parking Passes:

- The District Department of Transportation (DDOT) has announced that the 2020 Annual Visitor Parking passes will remain valid through the end of 2021, providing more time for DC residents living on Residential Permit Parking (RPP) blocks and their visitors to sign up for and start managing their visitor parking permits through the new ParkDC Permits online portal.
- RPP Zone residents and their visitors can sign up for and access ParkDC Permits by computer on the [ParkDC Permits website](#), by mobile app from the [Apple Store](#) or [Google Play](#), or by phone at [202-671-2631](tel:202-671-2631). Permits must be printed and displayed on vehicle dashboards. Users can print their own permits from home.
- Need help? **Call 202-656-7322** or email info@eastrockcreekvillage.org to arrange for a volunteer to assist you.

Yard waste collection:

- Yard waste collection season, which differs from the fall leaf collection season, runs from August 16 through October 31.
- Starting this year, yard waste will only be collected in paper bags. The Department of Public Works (DPW) will collect up to 20 paper bags of yard waste from residences that receive DPW's trash and recycling collection services.
- **Residents must call 311 to make an appointment for yard waste collection.** Residents can also visit www.311.dc.gov to make an appointment or download and schedule an appointment using the 311 mobile app.
- Yard waste consists of the following: leaves, grass clippings, weeds, bulbs, twigs, pinecones, uprooted plants, bundled branches and limbs no more than 4 inches in diameter and tied in 4-foot lengths
- DPW will not collect yard waste that includes tree limbs and branches greater than 4 inches in diameter or 4 feet in length, and stumps, dirt, stones, rocks, broken concrete, and broken pottery flowerpots.
- Please visit [DPW's What Goes Where Tool](#) to learn how to recycle or dispose of these materials.

DC Public Library NY Times: DC Public Library now offers unlimited access, both onsite and offsite, to *The New York Times* website. Click [here](#) for more information, including how to log in.

Fort Stevens Recreation Center Fall Programming for Seniors (age 55 & up)

1327 Van Buren Street, NW; 202-541-3755; www.dpr.dc.gov

- Exploring Art for Seniors – Mondays, 1:00-2:00 pm
- Line Dancing – Tuesdays, 1:45-2:45 pm
- Tai Chi -- Tuesdays & Thursdays -- 11:30 am-12:30 pm
- Crochet – Friday, 10:15-11:15 am



ERCV PORTRAITS: Meet Kitty Borris



Catherine “Kitty” Borris was born and raised in Spartanburg, SC, the youngest of 11 children. She spent her childhood on the family farm and her friends included many of the farm animals. She had only one enemy, “Tom” the turkey, who gave her a little scar that she proudly bears today.

She attended Carver High School and was the first Black majorette to march down Main Street in the Annual Spartanburg Christmas Parade. After graduation, Kitty moved to DC to live with her sister and attend Morgan State University in Baltimore where she earned a BA in sociology.

Kitty then began a career as a social worker with the DC Department of Social Welfare, now known as Health and Human Services. Kitty and her sisters enjoyed going to the “Black Theaters,” such as the Lincoln and the Republic. Kitty would often accompany her older sister, Edna Morris, and her friend Dr. Bennetta Bullock Washington (wife of Mayor Walter D. Washington) to attend teas, soirees, and meetings with community leaders.

While enjoying her favorite chocolate milkshake at the Standard Pharmacy & Soda Fountain near Howard University she met Frank Borris. After a long courtship, they married in February 1958 during one of the worst snow storms in DC's history. Two weeks later, they lost everything in a fire. They slowly rebuilt their lives and in 1965 they moved to their forever home in Takoma DC. Their family grew to include 5 children, twelve grandchildren, and one great grandson, along with six dogs, one cat, several gerbils, and other stray animals. They attended Nativity Catholic Church. Kitty was blessed to be married for 58 years until Frank's passing in 2017.

Kitty has been a den mother, teacher's assistant, and fundraiser for several charities and service organizations. She served on the board for the Iona Whipper Home for abused and neglected girls, the DC Youth Orchestra, Ki-Women of Shepherd Park, and many other organizations. Kitty enjoys playing Bid Whist, occasional visits to the casino, live theater, and watching game shows.

Kitty is glad that her neighbors Peter and Diane introduced her to ERCV. She enjoys game nights and luncheons and is looking forward to the return of in-person events. She would like ERCV to host events where participants could engage in lively discussion about racism, organ donation, domestic violence prevention, health care, and other "hot button" issues, as well as sponsoring bus trips to Arena Stage and other local events.

-- Our thanks to ERCV Board member Brenda Mejia & Cathy Borris-Hale for this interview



PLEASE JOIN US FOR OCTOBER EVENTS -



~white oak acorns~

Fridays, October 8, 15, 22, & 29: 3:00-4:00 pm (no October 1)

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, October 4, 11, 18, & 25: 9:00 am (note time change)

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, October 4, 11, 18, & 25: 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, October 5, 12, 19, & 26: 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.

Saturday, October 9: 3:00-5:00 pm

VOLUNTEER APPRECIATION COOKOUT

- All vetted volunteers are invited to come by invitation. There will be food, drink, and appreciation gifts for volunteers who have served during the pandemic.
- Space is limited so please RSVP at info@eastrockcreekvillage.org or call **202-656-7322** to reserve your spot and receive the address for this event.

Thursday, October 14: 1:00-2:00 pm

LUNCH BUNCH GATHERING AT OLIVE LOUNGE

- Join us for lunch on the outside covered patio of the Olive Lounge at 7006 Carroll Ave., Takoma Park, MD. The Olive Lounge specializes in Middle Eastern fare but also has burgers and tacos on their long menu. Nothing is more than \$12. Click [here](#) to take a look.
- Reach the back patio by walking through the parking lot at Willow and Carroll or along the walkway beside Mark's Kitchen. Parking in the lot costs \$5 but it is often full. You can park for \$3 for 1-2 hours in the lot entered at the corner of Laurel and Carroll, or there is free street parking along Willow St. across the DC line, and in the lot behind the former bank on the northwest corner of Carroll and Willow.
- Please RSVP by email to info@eastrockcreekvillage.org or to **202-656-7322** so we can reserve you a place. And let us know if you need a ride.

Thursday, October 28: 3:00-4:00 pm

BINGO ONLINE: CELEBRATE HALLOWEEN & WIN PRIZES



- Come play a few games and have fun with ERCV friends and neighbors. Halloween costumes are encouraged, but not required. Win tasty treats.
- RSVP to info@eastrockcreekvillage.org to be sent your special bingo cards. [Here](#) is the Zoom link to join the party.



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.

~ **Morning Stretch: Wednesday & Friday, Oct. 6 & 8 (and continuing every week), 10:00-10:30 am** – Join leader Beth Kaplan online for 30 minutes of gentle movement to release muscle tension and increase range of motion. No experience necessary. Participants can stand or sit. Props needed: a sturdy chair and a strap or belt. To access the zoom link, phone information, and password, click [here](#). Offered by **Cleveland & Woodley Park Village**.

~ **Presidents and Music: Thursday, Oct. 7, 2:00 pm** – Since our earliest days as an independent nation, music has been a part of Presidential life. This online program, presented by Lorna Grenadier, a longtime docent at the National Portrait Gallery, will describe how the lives of Presidents, both in and out of the White House, included a love for and interest in a variety of musical genres. For details and to **register**, click [here](#). Offered by **Foggy Bottom West End Village**.

~ **Mythmakers—The Art of Winslow Homer & Frederic Remington: Wednesday, Oct. 27, 3:00 pm** – Presented by Dr. Diana Greenwold. To **reserve** a space, call the Georgetown Village office at 202-999-8988 or email lynn@georgetown-village.org. Offered by **Georgetown Village**.



. . . AND SOME COMMUNITY OPPORTUNITIES . . .

~ **The Art of Looking: weekly on Fridays, 1:00-2:00 pm** – By sharing observations, interpretations, questions, and ideas, participants build on their own first impressions and broaden their understanding of a single work of art in each meeting. Each session lasts one hour and is completely interactive. Gallery educators will facilitate the conversation to create an environment for shared learning. These conversations will encourage you to engage deeply with art, with others, and with the world around you as you hone skills in visual literacy and perspective-taking. This program is free and open to the public and is designed for everyone interested in talking about art. No art or art history background is required. Ages 18 and over. Due to the interactive nature of this program, sessions are not recorded. Live captions (CART) are available in some breakout rooms for this program. Please contact looking@nga.gov to request access or for more information.

~ **Exploring your Health and Wellness: Friday, Oct. 1 & weekly for 10 weeks, 10:00 am** – What gives you a sense of well-being? What brings you joy and peace? This facilitated group will meet weekly to work together to support each other in meeting our goals such as building new routines and habits, developing better eating habits, and more. For details and to **register**, click [here](#). Offered by **AroundTownDC**. *[Note: Events offered by AroundTownDC are free, but they require you to set up an account in order to register. **This is easy to do!** Click on the “Create a free account” button on the registration page and fill in the information requested. Then all you*

have to do is create a password. Once you have done this, you can register for any event by clicking the “Login” button on the registration page.]

~ The Parks at Walter Reed — Down in the Reeds Music Festival: Saturday, Oct. 9 – After a two-year hiatus, the Down in the Reeds Festival returns with a whole new lineup, activities, and entertainment for music lovers of all ages. Down in the Reeds is a free, outdoors, day-long festival celebrating the power of music to heal across communities and culture. Mark your calendars and learn more [here](#).

~ Maryland Heroes of the Underground Railroad—book talk by author: Friday, Oct. 15, 3:00 pm – For this online presentation, Jenny Masur will choose examples from the nine lesser-known Maryland freedom-seekers featured in her upcoming book, describing their courageous and perilous journeys to escape slavery. The author worked 25 years for the National Park Service, 17 years of which were for the National Underground Railroad Network to Freedom. For details and to **register**, click [here](#). Offered by **AroundTownDC**.

~ Brain Games that Work: Friday, Oct. 22, 3:00 pm – Dr. Jesse Brand, neuropsychologist, will lead us online in some brain games that teach how to improve memory in daily life. Learn tried and true ways to make information stick in your mind. Get better at remembering people’s names. Develop methods for tackling overwhelming tasks. Have fun with this interactive group activity and then practice on your own! 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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<http://smile.amazon.com/ch/46-3491502>

Thanks!