

## NOVEMBER 2021

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

#### An Attitude of Gratitude



It's that time of year when our neighborhoods are ablaze with color and our minds shift from summer fun to harvest feasts. It's a time to be grateful for how far we've come and a time to gather what we can before winter arrives.

At ERCV we make gratitude a part of our daily lives! Last month, we held a Volunteer Appreciation cookout honoring those who helped our members and our organization through the toughest times of the pandemic. All who attended received words of praise and our first-off-the-presses ERCV

t-shirts. Three longtime volunteers – Susan Davis, Margie Odle, and Ralph Blessing – were singled out for special thank-you gifts. Special thanks also go out to Gloria Sulton for hosting the cookout and to Rima Shaffer for leading the program and helping generate ideas for how to serve our membership in the coming year. If you couldn't attend the cookout and volunteered for ERCV in the last eighteen months, whether behind the scenes or in direct service, please email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or call 202-656-7322 to let us know what size t-shirt you would like, and we will deliver it to you.

Speaking of the coming year: As you may know, ERCV began offering complimentary memberships during the COVID-19 public health emergency. This enabled us to help many more of our neighbors stay safer during the pandemic, get vaccinated, and connect with others -- whether online, by phone, or in person. Last year the Board adjusted ERCV's membership policies but chose to ask only for donations rather than dues during 2021, because of the continuing pandemic. Now, in the coming weeks, members and friends will receive a letter announcing that we are reinstating dues for 2022, but at the new rate published here and on our website: \$200 per household. Any amount given above that level will be considered a tax-deductible donation. Remember, no one will be turned away for financial reasons, because **we want you to continue to be part of our ERCV community.**

It was a delight seeing so many of you (including two new members!) at our October Lunch Bunch in Takoma Park, and I hope to see some of you at our next Lunch Bunch on November 11<sup>th</sup> or on one of our neighborhood walks. Please let me know what programming you would most like to see in the coming year and consider ways you can get more involved with ERCV. Daylight Saving Time may make the days seem a little shorter this month, but there is no shortage of ways to be part of the ERCV community.

Wishing you a very happy, healthy Thanksgiving season.

--David Mackoff



*Ralph Blessing, David Mackoff,  
and ERCV's new t-shirt!*



## **SPOTLIGHT: COVID-19 Updates**

The FDA (Food and Drug Administration) and CDC ([Centers for Disease Control and Prevention](#)) have authorized booster shots for the Pfizer-BioNTech, Moderna, and Johnson & Johnson vaccines.

- **WHO:** People age 65 or older **should** receive a booster shot. Younger adults at high risk of severe COVID-19 because of medical conditions or where they work should also receive a booster.
- **WHEN:** Eligible Pfizer and Moderna recipients can get a booster at least six months after their second dose. All Johnson & Johnson recipients will be eligible for a second shot at least two months after the first.
- **WHAT:** The FDA now allows medical providers to boost people with a different vaccine than the one they initially received, a strategy known as [“mix and match.”](#) Whether you received Moderna, Johnson & Johnson, or Pfizer, you may receive a booster of any other vaccine. Those who got J&J are urged to get Moderna or Pfizer for their booster.

- **WHERE:** COVID-19 Boosters are available at [Giant](#), [CVS](#), [Walmart](#) and [Safeway](#) pharmacies in the area by appointments made online and on a walk-in basis.
  - If you plan to walk in for your booster shot at Giant, you may download a booster [consent form](#)/questionnaire to complete and bring with you.
  - DC HEALTH WALK-IN CLINICS: For information on DC Health walk-in sites offering COVID-19 boosters AND Flu shots this week click [here](#).
  - BOOSTERS AT HOME: DC Health offers boosters at home for those unable to get to a vaccine site on their own. Call 1-855-363-0333 to arrange for DC Health to come to your home. ERCV members have been very pleased with this service.
- **ERCV CAN ASSIST:** If you would like us to assist you in making an online vaccine or booster appointment OR provide a ride to an appointment, call the ERCV office at **202-656-7322** and we will be glad to help you.

**Choosing safer activities:** When choosing safer activities, consider how COVID-19 is spreading in your community, the number of people participating in the activity, and the location of the activity. Click here for more CDC information: ["Choosing Safer Activities."](#)

## Do you have creative programming ideas for ERCV in 2022?

Thanks go to Volunteer Committee member Rima Shaffer who got the ball rolling at the recent Volunteer Appreciation gathering. Here are some of the ideas generated so far:

- Jewelry-making
- Jazz session
- Author talks and book signings
- More Armchair Travel — to China, Africa and ?
- Decluttering program (plus offering services to members for small decluttering projects)
- Meeting of ERCV creatives (artists and writers) quarterly to discuss their projects and processes
- Genealogy
- Stronger Memory brain health "exercise" program

Please let us know which topics interest you AND if you have more ideas or expertise to share. EMAIL: [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org)



## Other useful information . . .

**Clocks fall back:** This year's Daylight Saving Time ends on Sunday, November 7, at 2:00 am, shifting back to 1:00 am. The *pro* is that you get an extra hour of sleep. The *con* is that now it will get darker earlier in the day.

**Apply now for the Winter Sidewalk Safety Act Exemption:** DC has a Winter Sidewalk Safety Act (WSSA), which requires residents to remove snow and ice from the paved sidewalks, ramps, and curb cuts abutting their property within the first eight hours of daylight after the end of a winter storm. **If you need an exemption from the WSSA, you must apply by November 1.** Clear sidewalks are safer for our community, but for those who need an exemption, the requirements are as follows: Residents must live in their own homes (single-family or apartment building with no more than three units) AND be disabled and/or over 65. More information is available on the [DC Department of Public Works website](#). The [link to apply is here](#). Individuals who were exempted last year do not need to reapply. The exemption will carry over until March 2023.

**The Parks at Walter Reed dog park is open!** Visit the dog park at 6803 Cameron Dr. NW (enter from Georgia Ave. or Aspen St. NW) from 7am to sunset daily. All dogs must be leashed while entering and exiting the park.

**The Medicare Annual Enrollment Period is open through December 7.** This is the one time each year when most people with Medicare can compare and switch enrollment in Medicare Advantage and Prescription drug coverage.

The DC State Health Insurance Assistance Program (SHIP) provides free, unbiased information for people with Medicare who need assistance navigating Medicare plan options (Medicare Part D and Medicare Advantage). DC SHIP also helps with screening and enrollment in various DC Medicaid programs, access to affordable prescription drug coverage, and help with Medicare appeals and billing issues.

For specific questions about your individual Medicare coverage options, contact SHIP directly at 202-727-8370 or [ship.dacl@dc.gov](mailto:ship.dacl@dc.gov). SHIP will also work with family members who are helping their loved ones consider their health care coverage options.



**Metro Senior SmarTrip saves you money:** The Washington Metropolitan Area Transit Authority (WMATA) is upgrading its fare management payment system and fare gates, which means SmarTrip cards issued prior to 2012 will stop working due to their old chip technology. If it's time to update your card, or if you've recently turned 65, make sure to get a Senior SmarTrip card. Metrobus and Metrorail customers who are 65 years and older qualify for reduced fares.

You can purchase a Senior SmarTrip card by showing a valid photo ID with proof of age at [any Metro sales office, commuter store](#), or other selected retail outlets.

**MetroAccess** plans to return to shared-ride service beginning on November 1, 2021. This is a door-to-door, paratransit service for people whose disability prevents them from using bus or rail. If you think you may need this service, see the [eligibility requirements](#). MetroAccess can be used for any trip purpose within 3/4 of a mile of areas serviced by Metrobus and Metrorail, during the same hours of operation as regular Metrobus and Metrorail service. "Shared ride" means that multiple passengers may ride together in the same vehicle.

**Applying for MetroAccess Service** -- To determine if you are eligible to use MetroAccess, an application must be completed and certified by a health care professional. Applications can be requested by calling 202-962-2700, emailing [eligibility@wmata.com](mailto:eligibility@wmata.com) or by downloading it [HERE](#). For details on how the MetroAccess service works:

- Read the [MetroAccess Customer Guide](#) or listen to the [audio version](#)
- [Web Booking](#)

**Leaf Collection Begins on November 1:** Beginning Nov. 1, DPW will make two one-week passes in every neighborhood. To ensure your leaves are collected, place raked leaves in the tree box in front of your homes or at the curb on the Sunday before their scheduled collection week. Leaves collected from DPW-services households will be composted, helping to support Mayor Bowser's Zero Waste Initiative. Soon you will receive the leaf brochure in the mail which details the leaf collection program and your scheduled collection week. Click [here](#) for details and updates.



**Volunteers are the heart of East Rock Creek Village.**

Here are some of the many reasons why we love our volunteers.  
This heart-shaped word cloud was created from comments  
shared in a recent member survey.





## ERCV PORTRAITS: Meet Sara Gibbs



ERCV member Sara Gibbs was born into the small black community within Glencoe, just north of Chicago. While still a child, her family moved to Washington DC, but Sara stayed in Illinois with her aunt and uncle until 1943, when she came here too. After graduating from Banneker Middle School, Sara returned to Illinois and stayed there for the next thirty years.

Sara was involved in community theater in Chicago, and once played the role of Ruth Younger in *A Raisin in the Sun*. The sister of playwright Lorraine Hansberry attended one of her performances! The role she had the most fun with was the lead in *Clandestine on the Morning Line*. According to Sara, the character was a “great dame” – a thrice-married mother figure who could solve everyone’s problems!

During those years, Sara worked as a secretary in the US attorney’s office. She also volunteered with The Little Brothers of the Poor, and eventually was hired as an employee. That was a very special and memorable part of her life. One of her favorite recollections of that time is when she took a group on a two-week sightseeing trip to Montreal funded completely by donations. Most of the group had never traveled anywhere before.

In 1980 Sara returned to the DC area and took a job as a school secretary in Caroline County, Virginia. She says her life changed in 1982, when her mother gave her the *Living Bible* and said, “Read.” The *Living Bible* is written in modern English (unlike the King James Version) and it resonated with her so deeply that she was inspired to enroll at Fredericksburg Bible Institute, where she studied for six years. Sara also served as a volunteer hospice worker in Virginia, providing respite care, and was a volunteer EMT with the Bowling Green Rescue Squad.

As a lover of jazz music, Sara has attended dozens of performances at Westminster Presbyterian Church, near Arena Stage. Now she watches on TV and especially likes Calvin Jones on the UDC channel. Her other favorite shows are *Aerial America* and *The Making of America*.

Sara loves being part of ERCV, and especially appreciates being able to count on us for rides and grocery deliveries. While her sister Ann Stamps is a big fan of our Zoom bingo games, Sara loves the online Armchair Travel sessions.

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



## PLEASE JOIN US FOR NOVEMBER EVENTS -



*~Brightwood in Autumn~*

Mondays, November 1, 8, 15, 22, & 29: 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 16<sup>th</sup> 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@astrockcreekvillage.org](mailto:info@astrockcreekvillage.org) or call **202-656-7322**, we can put you on the email or phone reminder list AND if you call the office OR email on Monday morning, we will wait for you before setting out.



Mondays, November 1, 8, 15, 22, & 29: 4:00 pm (Note change of time for winter.)

### **ERCV AFTERNOON WALKERS**

- The Monday afternoon walkers will meet at the Learmonths' at 1309 Floral St. NW. The pace, length, and route depend on the wishes of the group, but the usual walk is on mostly paved, fairly level sidewalks and track inside the old Walter Reed.
- Reservations are not necessary, but if you email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) we will send you a reminder email on Sundays. If you call or text Judith McCullough at 202-255-2390 before 4:00 pm Monday, she will wait for you to arrive before setting out.

Tuesdays, November 2, 9, 16, 23, & 30: 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, November 5, 12, 19, & 26: 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 to join the class.  
<https://us02web.zoom.us/j/85628785908?pwd=Ylp1VzZ5dzBDUFA1aFRWMkVmalpNZz09#success> (The link is the same each week.)

Thursday, November 11: 12:15-2:00 pm

### **LUNCH BUNCH GATHERING AT ALL SET RESTAURANT & MONEY MUSCLE BBQ**

- The November Lunch Bunch gathering will be on the outside covered patio of [All Set Restaurant & Bar](#), and [Money Muscle BBQ](#), 8630 Fenton Street, Silver Spring.
- The ALL SET [menu](#) puts includes many seafood and vegetarian items and puts "a contemporary twist on seasonally-inspired dishes that reflects our passion for fresh ingredients, nutritious foods, & unforgettable flavors." There is a separate Money Muscle [menu](#) of meat and vegan BBQ items. Sandwich prices start at \$15.
- Our lunch location is near the corner of Fenton and Cameron. There is a parking garage located where Fenton ends at Cameron, with quite a few free handicapped parking spots on the lower level. Other spots accept quarters or a parking app. There

is also metered street parking which accepts credit/debit cards as well as coins, and another garage on Cameron, ½ block west of Georgia Ave., where you can prepay.

- Please RSVP by email to [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or call **202-656-7322** so we can reserve you a seat. And let us know if you need a ride.

Thursday, November 18: 3:00-4:00 pm

### **BINGO ONLINE: CELEBRATE THANKSGIVING & WIN PRIZES**



- Come play a few games and have fun with ERCV friends and neighbors. Win tasty treats.
- **RSVP** to [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) to be sent your special bingo cards. [Here](#) is the Zoom link to join the party.

Saturday, December 11: 4:00-5:30 pm

### **ONLINE BOOK DISCUSSION — SAVE THE DATE & START READING!**

- The book is ***Snow-Storm in August: Washington City, Francis Scott Key, and the Forgotten Race Riot of 1835*** by Jefferson Morley.
- The *Washington Post* review calls it, "Fascinating....an exploration of America's capital city at a time when the fault line over slavery had become impossible to ignore." Jefferson Morley is an author, journalist and editor who has lived and worked in Washington DC for over thirty years.
- Join us on Zoom for an informal discussion. Copies of the book are available at area libraries.



## **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](http://DMVVillageEvents.org).**

**~ *Coping with Uncertainty: Wednesday, Nov. 3, 1:00 pm* –Village Social Worker Barbara Scott leads a discussion on coping with uncertainty. Due to the confidential nature of the discussions in this group, this session is for Members and is sponsored by Northwest Neighbors Village for their volunteers and other local Villages only. If you are interested in participating in this meeting, please contact the Village office at 202-935-6060.**

~ **The Civil War Defenses in Northwest Washington, 1861-65: Thursday, Nov. 4, 1:00 pm** – Our neighborhoods were once filled with thousands of Union troops in and around the Civil War Defenses of Washington, and for a few days in July of 1864, attacking Rebel troops as well. This presentation, rich with maps and photos, will explain what happened here during the Civil War, with a particular focus on the stretch of fortifications from Fort Reno over to Fort Totten. Speaker Gary Thompson is a longtime Chevy Chase resident and co-founder and the current President of the non-profit [Alliance to Preserve the Civil War Defenses of Washington](#). For details and to **register**, click [here](#). Offered by **Northwest Neighbors Village**.



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

~ **Fall Online Community Conversation Series – Films & Conversation: Thursdays, November 4 & 18, 1:00-2:15 pm** – Join on Zoom to watch short films and then participate in facilitated, generous, and exploratory small-group discussions. The theme for the series is **The Human Condition(ed): Exploring our Social Connections and Disconnections**. The Nov. 4 film is [The Neighbor's Window](#); the Nov. 18 film is [Feeling Through](#). 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 Neighborhood History Project: Thursday, November 4, 7:30-9:30 pm** – The Parks at Walter Reed is partnering with the DC History Center on a [history-gathering project](#) in fall 2021 to uncover historical facts and stories from the people and neighborhoods surrounding the former historic Walter Reed Army Medical Center. Specific focus will be placed on stories from the historically Black communities surrounding the campus in the neighborhoods of Shepherd Park, Colonial Village, Brightwood, North Portal Estates, Takoma, and environs. Do you have stories to tell? Know a neighbor or friend who does? Please get out your photo albums and come to the last community meeting this fall.

~ **Music at Midday at National City Christian Church: Fridays, 12:15-1:00 pm** – 5 Thomas Circle (for directions and parking information click [here](#)). Social distancing & masks required. Free admission; donations accepted. November concerts (no Nov. 26 program):

- **November 5:** Organist **David H. Brock** (Zephyr Springs, Nevada) comes home to Washington to perform works of Dudley Buck and Jean Langlais, along with his own transcriptions of music by G. F. Handel and Scott Joplin (“Maple Leaf Rag”).

- **November 12:** In a program that he has titled “Fantastical Beast,” organist **David K. Houston** (College Park, Maryland) will perform music by J. S. Bach, Olivier Messiaen, André J. Thomas, and Calvin Hampton.
- **November 19:** Chicago organist **Alan J. Hommerding** has prepared a program that includes a “Simeon Suite,” three pieces based on the biblical Cantic of Simeon by Flor Peeters, Johannes Brahms, and Dietrich Buxtehude, along with a Sonata by Felix Mendelssohn and Hommerding’s own setting of a Psalm without Words (65:11-12).

~ **How did DC Get its Shape? With author Mark Stein: Friday, November 12, 3:00 pm** – How did DC get its half-square shape? Why are its border lines where they are? The boundaries of the District of Columbia are remnants of racial and economic conflicts that divided the nation at its founding and have continued right up to today. But the location of DC’s borders are also lines of democracy’s enduring strength: compromise. 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.



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

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

Thanks!