

OCTOBER 2019

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

Villages can be a Cure for What Ails Us



Autumn has long been my favorite time of year. I enjoy the season's colors and welcome its cooler weather. At times, I like to take solitary walks in the woods; other times I prefer to share those walks with friends. It's nice to have that choice.

I have recently returned from this year's National Village Conference in Chicago, where I heard various presentations about the dangers of social isolation and loneliness as we age, as well as the health benefits of active participation in a Village. According to AARP research, prolonged social isolation is as bad for a person's health as *smoking 15 cigarettes a day*. Older individuals who live on their own may begin limiting outside activities because of physical challenges or because they don't want to be a burden to others. Their world becomes smaller and their physical and emotional health suffers.

The Village movement is a local, grassroots response to social isolation. ERCV offers friendly visits and check-in calls for service members, and ERCV volunteers provide rides to chair yoga, museums, and parties. We offer company on weekly walks through the woods or in the neighborhood. Whether providing or receiving assistance, joining in these simple activities can make a profound difference in the quality of all of our lives. We are neighbors helping neighbors stay active and connected.

I am proud of the many services and programs that ERCV provides. Thanks to the leadership of our Volunteer Committee, as mentioned last month, we have launched an 8-week Otago Exercise Program to help prevent falls. This is an addition to our health and wellness activities that required a group of volunteers to become trained instructors. We look forward to learning from our first cohort and making this an ongoing ERCV offering.



On a sadder note, we mourn the passing of one of our founding Board members, Ibrahim “Abe” Hussein. Born and raised in Egypt, Abe came to the United States to attend graduate school in 1963, earning his PhD at the University of Michigan. His career in public service was spent helping people with severe intellectual disabilities. Abe played an important role in creating ERCV and with his beloved wife Kathy enjoyed hosting ERCV membership meetings and holiday parties in the common room of their cohousing community in Takoma DC. We will miss his warm and welcoming smile, his good humor, and his kindness.

—David Mackoff



SPOTLIGHT: “SAFE AT HOME” PROGRAM

The Safe at Home program provides grants to seniors in DC to improve safety in their homes through in-home adaptations such as handrails, chair lifts, and shower seats, to greatly reduce the risk of falls. This is an important component of the goal of allowing seniors to stay in their homes. To apply for this program, you can call 202-724-5626.



ERCV PORTRAITS – Meet Judith McCullough



If you’ve submitted an ERCV service request in the last few months, chances are Judith McCullough handled it. She is our wonderful service coordinator, and she works to ensure that member needs are all taken care of efficiently and quickly. She’s currently learning a new software called Helpful Village, which enables her to stay even more organized.

Judith grew up in Massachusetts and made her way to Los Angeles, where she lived for seven years. Her heart was back east, though, and when an opportunity in DC came up, she happily

accepted it. She's always been inspired by people who take risks in standing up for themselves, so a career in the labor movement was a natural fit. Judith worked for the Service Employees International Union (SEIU), organizing nurses and other workers all over the US. Ironically, her work in those years involved a lot of traveling and made it a challenge to put down roots here. Eventually, however, she landed a position within SEIU that enabled her to stay put. She played a big role in the "Fight for 15" initiative, which aims to raise the minimum wage to \$15 per hour, and is very proud of the strides made toward that goal.

Judith and her husband Mark Pattison (another amazing neighborhood volunteer) came to live in Shepherd Park in 1997, after renting in Mt. Pleasant for several years. They've both been active in neighborhood initiatives ever since, and are an integral part of our community. Judith has been blessed with the opportunity to travel abroad many times, visiting Guatemala, Ireland, France, Switzerland, the Philippines, and even, back in 1978, Cuba by way of Canada. She says that the Cuba trip was especially eye-opening and inspiring.

Judith retired from SEIU just two years ago and promptly signed on as a volunteer with ERCV, in addition to keeping busy raising a 16-year-old daughter, working on her garden, and practicing yoga. She was an avid bike rider for many years, once even completing a 100-mile trip from the north rim of the Grand Canyon to Zion National Park! She's hoping to get back into biking soon. She also volunteers with the Early Readers program at Shepherd Elementary.

Judith says her favorite thing about being part of ERCV is meeting new people she otherwise might never cross paths with, so if you haven't already met Judith, please take the opportunity to do so soon!

-- Our thanks to ERCV volunteer Brenda Mejia for this interview



SAVE THE DATE!

GTG Tech Help — Saturday, Nov. 16, 2-4:30 pm: At the Shepherd Park Library. Do you wish you could send your friends and family the photos you take with your smartphone? Or maybe you have so many email messages that you can't find that important reminder. Or maybe you want to use the internet to make airline reservations. Help will be available through ERCV and GTG Tech! "GTG" stands for "Generation to Generation;" these high school volunteers enjoy working with seniors and are both knowledgeable and patient. You will bring your smartphone, tablet, or laptop for an individual session to answer your questions and address your technology difficulties. **Registration information will be available in the November Village Voice.**



PLEASE JOIN US FOR OCTOBER/NOVEMBER EVENTS --

Wednesdays, Oct. 2, 9, 16, 23, & 30: 4:00 pm

ERCV AFTERNOON WALKERS

- Meet at Susan Learmonth's home (1309 Floral St. NW) and walk for an hour, followed by tea or lemonade. **Note: On Oct. 9, 16, & 23**, meet at the home of Linda Glass (7200 Alaska Ave. NW).
- Email info@eastrockcreekvillage.org or call or text 202-656-7322 if you have a question.

Thursday, Oct. 3: 10:00 am-4:00 pm

GLENSTONE MUSEUM TRIP

- There is still space for you to experience this unique contemporary museum. We will travel to Potomac MD by car, leaving home about 10:00 am and returning about 4:00 pm. The only cost is lunch at the Glenstone cafe. There is plenty of walking but accommodations are available for those with limited mobility. The Gallery is now open with a new exhibit and the fall weather and foliage will make the outdoor displays and walks more enticing.
- Email info@eastrockcreekvillage.org or call or text 202-656-7322 to reserve a space or if you have a question. Repeat visitors are welcome.

Saturday, Oct. 5: 3:00-5:00 pm

ERCV OPEN HOUSE & GAME DAY – ALL ARE WELCOME!

- At the ERCV Office, 7707 13th St. NW; entrance at the rear off the alley beside the house
- Join us for conversation and light refreshments, play some games if you wish, and learn more about how to enhance your quality of life or that of your loved one or neighbor. All are welcome – current members and friends -- and bring your neighbor!
- For more information, contact us at 202-656-7322 or info@eastrockcreekvillage.org. Please let us know of potential members you would like us to invite!

Mondays, Oct. 7, 14, 21, & 28: 9:00 am

ERCV MORNING WALKERS

- Meet at the home of Susan Davis (1202 Hemlock St NW). We will walk at a leisurely pace to the Shepherd School lower field where we can walk around the track or sit a bit and rest before walking back. Walkers are invited stop in at the Village office afterwards for lemonade or iced tea.
- Open to all – no reservations needed. New walkers welcome! Phone or text 202-656-7322 or email info@eastrockcreekvillage.org to be added to the weekly reminder email/call.

Fridays, Oct. 11, 18, & 25 (no Oct. 4): 3:00-4:00 pm

CHAIR YOGA FOR SENIORS

- At the Juanita Thornton/Shepherd Park Library, Conference Rm. 2 upstairs. There is an elevator to the second floor. Limited parking at the library – 7420 Georgia Ave. NW – and metered street parking on Georgia Ave. as well as 2-hour parking on the side streets.
- Antonia teaches this free 1-hour gentle movement class suitable for everyone. Stretching, centering, strengthening, & balance poses are done sitting on or standing beside a chair. Wear loose clothing. All are welcome! Reservations are not required, but email info@eastrockcreekvillage.org or call or text 202-656-7322 to be added to the weekly reminder list.

Wednesday, October 23: 9:30 am

RECENT RETIREE COFFEE GROUP (sponsored by Dupont Circle Village)

- At Firehook Bakery, 3411 Conn. Ave. NW, in the back garden. Bakery is across the street from the Uptown Theater. Conversation facilitated by Barbara Scott, social worker.
- Join recent retirees for coffee and discussion of issues and activities of common interest. If you have questions, please contact Barbara Scott, 202-557-8661 or casemanager@dupontcirclevillage.net.

Wednesday, October 23: 12:00 noon

ERCV LUNCH BUNCH – ALL ARE WELCOME! JOIN THE FUN!

- At **Ledo Pizza**, 7435 Georgia Ave. NW. There is a parking lot just past the restaurant as you go north. Walk around to the south side to enter.
- The menu includes pizza, calzones and other tasty dishes.
- **Please RSVP by Monday the 21st** to reserve your place: info@eastrockcreekvillage.org or phone or text 202-656-7322. OR go to our new website at www.eastrockcreekvillage.org after October 3 and register. Service members may request a ride.



Thursday, Oct. 31: 3:00-5:00 pm

HALLOWEEN OPEN HOUSE – ALL ARE WELCOME TO JOIN THE FUN!

- At the ERCV Office, 7707 13th St. NW; entrance at the rear off the alley beside the house
- Join friends old and new to enjoy refreshments and holiday fun! Bring your neighbor! Questions? Email us at info@eastrockcreekvillage.org or call 202-656-7322.

Sunday, Nov. 10: 3:00-4:30 pm

ERCV TRAINING TO PROVIDE RESPITE CARE

- At Sunrise of Chevy Chase, 2201 Colston Dr., Silver Spring (just over the DC line, off Washington Ave. between Grubb Rd. & East-West Hwy)

- Conducted by Barbara Scott, Social Worker, and the ERCV Volunteer Committee. We know that people with dementia are being cared for by family in their homes and that respite for the caregiver is essential for the caregiver's health and well-being. Training will provide the volunteer with useful information for understanding the characteristics and types of dementia and for providing care and stimulation for the caregiver's loved one. Volunteers will meet the caregiver and the family member before providing respite service.
- Completing a regular ERCV volunteer training is a prerequisite for the respite care training. This training can be provided for anyone interested, if you contact our office and make arrangements with us. **For more information and to RSVP for the respite care training:** info@eastrockcreekvillage.org or 202-656-7322.



COMMUNITY EVENTS OF INTEREST

~ **Thursdays, Oct. 3 & 17, 11:30 am: *Low Vision Support Group*** – Iona Senior Services, 4125 Albemarle St. NW. This support group for individuals with low vision (poor vision, but not completely blind) meets every first and third Thursday of the month. Participation is free, but **pre-registration is required**. Please call 202-895-9448.

~ **Sundays, Oct. 6, 13, 20, & 27, 10:00 am-1:00 pm: *Walter Reed Farmers' Market*** – The Parks at Walter Reed, Butternut St. & Georgia Ave. NW. Vendors will sell produce, bread & pastries, prepared food (like delicious breakfast sandwiches), and even dog treats. **Here's a tip:** Early birds can get a head start at 9:30 am! The vendors accept payment by credit & debit cards, cash, and nutrition supplement benefits like SNAP, Senior FMNP, WIC, and DC Produce Plus. As a special treat, bring your yoga mat along on Oct 13 at 10:00 am and participate in a free 60-minute "yoga under the trees" class, led by a Yoga Heights instructor.

~ **Sunday, Oct. 6, 10:00 am-5:00 pm: *Takoma Park Street Festival*** – Carroll Ave., Takoma Park, MD to Carroll St. NW, Wash., D.C. The 38th year of this annual celebration features a host of local artists (painting, ceramics, glass, etc.) and vendors, day-long music on three stages, and fun things for kids. Food and other items are for sale, but admission is free.

~ **Tuesday, Oct. 8, 6:30 pm: *Fall Author Series Discussion with Charles Ray*** – Shepherd Park Library, 7420 Georgia Ave. Back by popular demand, Charles Ray (remember his Buffalo Soldiers series?) will contrast and compare two books from his Ed Lazenby mystery series: *Murder is as Easy as ABC* and *Who Killed Henry Hawkins?* The plots are similar and Ed is a suspect in both. Whodunit??? Come out to learn the answer and share a lively conversation. Free event.

~ **Monday, October 14, 11:00 am: Tech Drop-In Clinic** – Ft. Stevens Senior and Recreation Center, 1327 Van Buren St. NW. This Takoma Park Library event provides one-on-one assistance with navigating your digital devices/computers. Walk-ins (with a charged device) are welcome, but we recommend that you sign up ahead by calling 202-576-7252. Free event.

~ **Thursday, Oct. 17 (12-session workshop), 6:30 pm: #Selfie: Memoir-Writing** – At Petworth Library, 4200 Kansas Ave., NW. Selfies are often-brief glimpses into the soul; in this new 12-week memoir-writing workshop we'll explore what "soul" looks like etched out in prose. The workshop will facilitate a space to recreate moments of your life through crucial elements of personal writing-craft, authenticity, and voice— *via* writing assignments, example, practice, and feedback. Information: 202-243-1187 or visit www.dclibrary.org/petworth to see this and other library offerings. Free event.

~ **Monday, October 21, 6:30-9:00 pm (program begins at 7:00): October Meetup: Conversation with Ward 4 Council Candidates** – Takoma Busboys & Poets, 235 Carroll St. NW. The "meet-up," sponsored by DC for Democracy, will focus on the 2020 Ward 4 DC Council Democratic primary. Both the incumbent, Brandon Todd, and the challenger, Janeese Lewis George, have been invited to attend and participate in the discussion; candidate Janeese George has confirmed. This is a great opportunity for Ward 4 residents to ask the candidates about issues that matter to them. For more information, email dcfordemocracy@gmail.com . You can rsvp now by clicking [here](#).

-- Our thanks to ERCV volunteer Rosalind Palmer for compiling events for the calendar



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