

## ☼ JANUARY CALENDAR UPDATE ☼



~ Winter Jasmine ~

Mondays, January 17, 24, & 31: 9:00 am

### **ERCV MORNING WALKERS**

- We are walking in the neighborhood rather than in the park. Bundle up and join us at 9:00 am at 1312 Juniper St NW.
- No reservation is necessary, but if you email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) before 8:30 am or call 202-656-7322 before 9:00, we will wait for you before we set out. There is a Sunday reminder email about this walk. Winter weather can lead to walk cancellations. Please call 202-656-7322 to be sure a walk is happening.

Mondays, January 17, 24, & 31: 4:00 pm

### **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.
- 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. Winter weather can lead to walk cancellations. Please call 202-656-7322 to be sure a walk is happening.

Tuesdays, January 18 & 25: 8:00-9:00 am (Note time change.)

### **ZOOM OTAGO FALL PREVENTION 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.
- When done regularly, this exercise routine is proven to prevent falls.
- The program is tailored to those who attend -- we can help you get back in shape. Email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or call 202-656-7322 for more information and the Zoom link.

Fridays, January 21 & 28: 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, January 27: 3:00-4:30 pm



### **ARMCHAIR TRAVEL SERIES: BOHEMIAN RHAPSODY WITH RALPH BLESSING**

- Explore the Czech Republic as well as snippets of Austria and Italy with ERCV volunteer leader Ralph Blessing. He is a world traveler, a world-class photographer, and a wonderful Shepherd Park neighbor.
- Whet your appetite for the journey with this [Washington Post Travel section article](#) about this trip.
- [Register online](#) or RSVP to [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or call the office at 202-656-7322.
- Join Zoom Meeting:

<https://us02web.zoom.us/j/88072503271?pwd=aW0xSVlNaXgyUFI5a2FnS1QrT1ZGUT09>

Meeting ID: 880 7250 3271; Passcode: 660648

Saturday, February 19, 4:00-5:30 pm.

### **ONLINE BOOK DISCUSSION — SNOW-STORM IN AUGUST WITH AUTHOR JEFFERSON MORLEY**

- ERCV Volunteer leader Brenda Mejia will facilitate an informal discussion of the book ***Snow-Storm in August: Washington City, Francis Scott Key, and the Forgotten Race Riot of 1835*** with author **Jefferson Morley**. Copies of the book are available at area libraries.

- *The Washington Post* review calls the book, "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 this informal discussion
- <https://us02web.zoom.us/j/82322303359?pwd=UGRXS0JjSjVpdUtuVjZMVjVWdzdMUT09#success> Or participate by phone by calling 301-715-8592, then inputting the Meeting ID: 823 2230 3359 and the Passcode: 181117.
- RSVP at [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or [online](#).

Did you miss our December Armchair Travel: Jazz Club session? Click [HERE](#) to enjoy!

Access ERCV's events list [HERE](#).



## COVID-19 UPDATE

**ERCV has purchased a supply of KN95 masks which provide a good seal and filter out 95% of virus particles.** We will deliver two masks to any ERCV member or volunteer and their household members while supplies last. Please email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or call us at 202-656-7322 to arrange to get your masks.

**ERCV also has a supply of rapid tests** that were distributed to DC Villages by the District Office of Aging and Community Living (DACL). Please call or email the ERCV office if needed.

### **Key strategies to protect yourself from the highly contagious omicron variant:**

**Wear a quality face mask indoors in public settings.** Wear a well-fitted face mask in public indoor settings regardless of vaccination status. Cloth masks and pleated blue and white surgical masks usually do not fit snugly. If your glasses fog up when you are wearing a mask, you need a better-fitting mask for strong protection.

**Get tested.** Testing after COVID exposure or when you have symptoms of COVID such as fever, coughing, sore throat, runny nose, and others, helps detect infection earlier and slow the spread of the virus. DC Health recommends that whenever possible, individuals get tested through their own health care provider, so they will already be connected to the health care they need when the results come in. Until you get test results, please stay at home.

**Get vaccinated and boosted.** Vaccinations, including booster shots, remain the best public health measure to protect people from COVID-19, slow transmission, and reduce the likelihood of new variants emerging.

## Resources for testing and vaccination:

**Rapid Antigen tests** detect if you have a current COVID-19 infection in as little as 15 minutes.

**PCR tests** detect the presence of a virus and provide results by text or email within 2-3 days.

[District residents ages 65+](#) will now be able to pick up **rapid antigen test kits** at Hattie Holmes Senior Wellness Center, 324 Kennedy St. NW, from 1:00-3:00 pm on Mondays, Wednesdays, and Fridays.

**Any DC resident** may pick up 2 free **rapid antigen test kits** per day at the Petworth Library, 4200 Kansas Ave. NW, beginning at 10:00 am Mondays, Tuesdays, Fridays and Saturdays, and beginning at 12:00 noon on Wednesdays and Thursdays. Lines are long just after they open but move quickly. You must show DC residency with a photo ID or utility bill. Each kit contains two tests.

[Test Yourself](#) **At Home PCR kits** can be picked up at the Shepherd Park Library, Takoma DC Library, Petworth Library, and the Lamont Recreation Center at 22 Tuckerman St. NE, when those facilities are open. When you are ready to test, you register your kit online, follow instructions to swab your nose and return the test by 8:00 pm the same day to the dropbox at any of these locations. Test kits are picked up at 8:00 pm every day including Sunday. You will receive your results by text or email within 2-3 days.

**Get vaccinated and boosted.** Vaccines are widely [available through the District](#) and at [local pharmacies](#). There are walk-in vaccinations at Petworth Library, 4200 Kansas Ave. NW, Tuesday and Saturday, 11:00 am–5:00 pm; Wednesday and Thursday, 1:00 pm–7:00 pm. Last walk-ups will be accepted 15 minutes prior to clinic closure. **Residents 65 years or older will be moved to the front of the line.** **OR Call 1-855-363-0333 to arrange to receive your vaccination or booster at home.** This service is rated very highly by ERCV members. It is available to all DC residents of any age.

**Note** that beginning Saturday, January 15, 2022, DC establishments including restaurants, bars, indoor cultural entertainment facilities, indoor exercise and recreational facilities, and indoor event and meeting places, will be required to verify that patrons age 12 and older have received at least one dose of the COVID-19 vaccine. Proof includes: CDC-issued vaccination card (original, photocopy, or photo); immunization record print-out from the patient portal of their vaccine/healthcare provider; or COVID-19 verification apps such as VaxYes or iHealth.

**If you have questions** about COVID vaccinations, testing, or prevention, want to get two KN95 masks, and/or need volunteer help arranging vaccination or booster shots or taking a COVID-19 test, please call the ERCV office at 202-656-7322 or email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org).



Our thanks to the DC Department of Aging and Community Living (DACL) and The Washington Home for their generous support.



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