

NOVEMBER 2019

East Rock Creek Village — 202-656-7322

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PRESIDENT'S CORNER

Learning and Giving. Thanks!



I hope you enjoyed some tasty Halloween treats and are looking forward to a scrumptious Thanksgiving meal. While it's fun to splurge every once in a while, it's also important to stay active. Luckily, it's a wonderful time of year to stroll through our tree-lined neighborhoods. Have you joined one of our weekly walks yet (Monday mornings and Wednesday afternoons)? If you haven't, it's a good time to check them out -- especially now that the weather is crisp and cool.

Last month, I shared some of what we learned at the National Village Conference in Chicago. ERCV is a part of a larger movement helping people stay active and engaged in a caring community. Besides staving off social isolation and loneliness that can harm our physical and emotional well-being, Villages can enable us to continue to grow and learn at every age. Do you ever get frustrated by technology? Don't give up. Reserve a time-slot during our November 16th GTG (Generation to Generation) technology assistance afternoon, back by popular demand. You'll enjoy meeting with high school students who will answer your technology questions, address your problems, and help you get more from your smart phone, tablet, or laptop.

Another way to keep learning and giving back is to become an ERCV Volunteer. When a service member needs help getting to a doctor's appointment or running errands, it's our trained and vetted volunteers who happily give them a ride or stop by to say hello and change a lightbulb. We plan to offer a new Respite Care benefit to provide a few hours of relief for ERCV members who care for loved ones with chronic conditions, including dementia and Alzheimer's. A special training for Respite Care volunteers will be led by Barbara Scott, MSW, on November 10th (3:00-4:30pm at Sunrise of Chevy Chase). I hope you'll sign up to learn to help our friends and neighbors in this way. If you prefer to volunteer in other ways, we would welcome help in planning our parties and educational events.

In this season of Thanksgiving, I want to take a moment to express my gratitude to YOU -- for reading our newsletter, for coming to events, for supporting us, and for lending a helping hand. We are a volunteer-managed Village, which means we depend on the dedication of our volunteers and the generosity of our donors to create a caring community that enables us all to continue to thrive and grow throughout our lives. Thank you!

--David Mackoff



SPOTLIGHT: NEW OPPORTUNITIES TO VOLUNTEER

With ERCV: For details about these and other ERCV volunteer opportunities, please call or email Susan Davis at our office: 202-656-7322 or info@eastrockcreekvillage.org.

~ **Office help:** Can you assist with data entry and clerical help with membership renewals and outreach? Or can you help with phone calls for membership renewal reminders?

~ Would you like to help organize the much-loved **ERCV Holiday Party**? It will be on Sunday, December 15, from 3:00-5:00 pm at Takoma Co-Housing. Can you help with phone call reminders? Help decorate? Bake? Help with creative ideas? Help with set-up or clean-up? Please let us know!

~ **Respite Care:** Many ERCV volunteers provide transportation for service members no longer able to drive. Won't you try something new? Consider providing respite for ERCV members caring for loved ones with chronic conditions, including dementia and Alzheimer's. For details about the November 10 special training, please see the **Calendar Section**. In order for this new initiative to flourish, we need volunteers!

With AARP: The AARP Foundation Tax-Aide program for DC urgently needs volunteers for the 2020 tax season. The program is offered in conjunction with the IRS and is part of the nation's largest volunteer-run tax preparation and assistance service. As a volunteer Counselor or Client Facilitator, you'll be helping middle- and lower-income taxpayers in your own community with a much-needed service that's free, individualized, and confidential. **For more information**, including training for volunteers, visit www.aarp.org/taxaidevolunteer or contact the Prospective Volunteer Specialist at sunderwood4104@gmail.com.



ERCV PORTRAITS – Meet David Dennison



Back in 1988, the DC government needed someone to oversee the Department of Housing and Community Development, and luckily for us, David Dennison was recruited for the post. He and his wife Sylvia moved here from New Jersey and have been in upper NW ever since. A native of Philadelphia and graduate of Temple University, David was intrigued by Mayor Barry and the unique machinations of the DC government. In establishing himself in his new position, David arranged initial meetings with individual city council members to find out what was important to each of them. He was savvy enough, however, to maintain his independence and objectivity by insisting that ongoing communications from the members about their priorities go through his legislative liaison staff.

In 1991 he decided it was time to start his own management consulting business, and Dennison Associates was created. Working side by side, he and Sylvia built the business into a thriving national company focused on leadership, strategic planning, and management, primarily (but not solely) in the field of housing and community development, with the very specific goal to “allow young African-American males the opportunity to fail” so that they could learn from the experience. They strove to hire a diverse staff in terms of age, ethnicity, and gender, in addition to race, in order to expose the younger staff to situations and people they otherwise might not encounter. The philosophy of offering the “opportunity to fail” resonated so deeply with people that the business never struggled to find highly qualified, high-level staff. This philosophy was such a core part of Dennison Associates that they actually refer to former employees as alumni. There is currently a nationwide network of the alumni, still working to help young African-American males learn and grow.

David and Sylvia were such a good team, with David focused on the big picture and Sylvia managing the details, that while each of them had many different jobs throughout their careers, working together at Dennison Associates was the longest continuous job stretch for each of them. They closed the business in 2017, although requests for their expertise still come in.

After a long career that involved traveling all over the US, David is very happy to finally be able to take time to enjoy all that DC has to offer. He's been spending time at the Smithsonian museums, the Library of Congress, attending concerts, and otherwise appreciating all the opportunities this great city offers.

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



PLEASE JOIN US FOR NOVEMBER EVENTS --

Fridays, Nov. 1, 8, 22, & 29 (no Nov. 15): 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.

Mondays, Nov. 4, 11, 18, & 25: 9:30 am (NOTE: We will walk on Nov. 11.)

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.
- 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.

Wednesdays, Nov. 6, 13, & 20: 4:00 pm

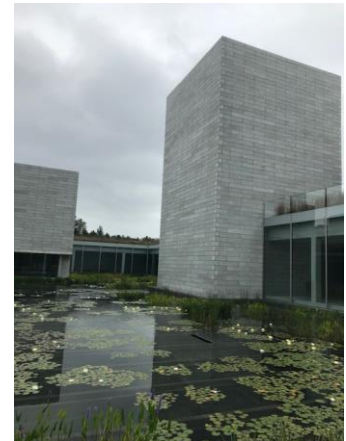
ERCV AFTERNOON WALKERS

- Meet at Susan Learmonth's home (1309 Floral St. NW) and walk for an hour, followed by tea or lemonade.
- Email info@eastrockcreekvillage.org or call or text 202-656-7322 if you have a question.

Thursday, Nov. 7: 10:00 am-4:00 pm

GLENSTONE MUSEUM TRIP

- There is still an opportunity for you to experience this unique contemporary museum! We will travel to Potomac 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. There are two buildings and 300 acres to visit. The fall weather and foliage will make the outdoor displays and walks even more enticing. Go to www.glenstone.org for more information.
- **To reserve a space, click [here](#).** Or call or text 202-656-7322 or email info@eastrockcreekvillage.org.
- **A driver is needed for this trip.** Repeat visitors are welcome.



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.

Wednesdays, November 13 & 27; Dec. 4: 9:30 am

RECENT RETIREE COFFEE GROUP (sponsored by Dupont Circle Village)

- New indoor location: Uptown Market & Café, 4465 Connecticut Avenue NW DC, on the west side of Connecticut Avenue across from Bread Furst.
- Conversation facilitated by Barbara Scott, social worker. Meet other retirees for coffee and discussion of issues and activities of common interest (including, on the day before Thanksgiving, functional family gatherings!). If you have questions, please contact Barbara, 202-557-8661 or casemanager@dupontcirclevillage.net.

Saturday, Nov. 16: 2:00-4:30 pm

GTG TECH HELP – SIGN UP FOR ONE-ON-ONE HELP WITH YOUR ELECTRONIC DEVICE(S)!

- At Juanita Thornton/Shepherd Park Library, 7420 Georgia Ave. NW, Meeting Room 2 upstairs (there is an elevator).
- 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 challenges.
- **To register & request an appointment time** – Times available are 2:00, 2:30, 3:00, 3:30, & 4:00 (a few people can be accommodated in each time slot). To sign up, **click [here](#) & indicate in the "Comments" box the time you would like.** Or you can contact Susan Learmonth at susanlearmonth@gmail.com or 202-271-1309. Service members may request a ride by contacting the ERCV office.



COMMUNITY EVENTS OF INTEREST

~ Saturday, Nov. 2 (& each 1st Sat. through April), 1:00-2:00 pm: *Senior Care Monthly Series* –

Petworth Library, 4200 Kansas Ave NW. Timothy Howard, advisor to Senior Advisors Plus, will present a series on providing care to aging seniors. Topics include companion care, home configuration, assisted living, memory care, and much more. For information, please email thoward@senioradvisorplus.com or call 540-330-4103. Free event.

~ Sunday, Nov. 3, 1:00-2:00 pm: *Tour: Fierce Women 2.0* – National Museum of Women in the Arts, 1250 New York Ave NW. Enjoy a "Free Community Day" tour as the museum celebrates a diverse cast of women who blazed trails as artists, activists, and innovators. The museum will be **open to the public from 12:00 to 5:00 pm** to explore the permanent collection and other current exhibits. For information, contact 202-783-5000. Free event.

~ Wednesdays, Nov. 6, 13, 20, & 27, 11:00 am: *Zumba Gold* – Cleveland Park Neighborhood Library, 3310 Connecticut AVE NW. Designed for older adults, this fun, easy (and *free*) dance exercise class introduces easy-to-follow Zumba moves at a lower intensity. The Latin-inspired dance movements are designed to provide a great aerobic workout while also focusing on balance, range of motion, and coordination. Please wear comfortable clothing and shoes. Free event.

~ **Tuesday, Nov. 7 through Sunday, Dec. 8: Theater J Performs “Occupant,” a play by Edward Albee** – Goldman Theater, 1529 16th St. NW. “Occupant” tells the story of renowned sculptor Louise Nevelson in an interview from beyond the grave. The audience witnesses a pioneer for free-thinking women emerging as one of the 20th century’s greatest artistic minds. Playwright Edward Albee also wrote “Who’s Afraid of Virginia Woolf?” Ticket prices range from \$39 (preview dates) to \$69. **Use the code VILLAGES at checkout to receive a 15% discount**, either by phone (202-777-3210) or online at <https://theaterj.org/on-stage/occupant/>. See website for specific dates and times.

~ **Sunday, Nov. 10, 7:00 pm: National Veterans Day Concert** – Washington National Cathedral, 3101 Wisconsin Ave. NW. Celebrate and give thanks for the service of our men and women who have served our country in the armed forces. Performances by the Cathedral’s choir and the United States Marine Orchestra. Free event.

~ **Saturday, Nov. 16 & Sunday, Nov. 17, 10:00 am-5:00 pm: Blackfeet Nation Tribal Festival** – National Museum of the American Indian, 4th St. & Independence Ave. SW. As part of the celebration of American Indian Heritage month, artists, performers and historians representing the Blackfeet Nation will share performances and demonstrations of stories, dances, and handcrafts. Jewelry, quillwork, pottery, carvings, and baskets are among the artistic creations you will see. Free admission.

~ **Tuesday, Nov. 19, 7:00 pm: The Future of Hospital Sound** – Co-presented by Strathmore and AARP Maryland. At AMP by Strathmore at Pike & Rose, 11810 Grand Park Ave, North Bethesda. As part of the “Arts & the Brain: How the Arts Impact Aging and Vitality” series, classically-trained musician Yoko K. Sen invites you to listen to the world of healthcare through a musician’s ears, as she reimagines hospital sound environments. She discusses noise as a symptom and explores how sound is related to caring. For tickets, call 301-581-5100 or purchase online [here](#). Cost: \$25; AARP & Strathmore members pay \$20.

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



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