

FEBRUARY 2022

East Rock Creek Village — 202-656-7322

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PRESIDENT'S CORNER

Making a Short Month Sweet



February is a short month, and while winter winds may blow a bit, the virulence of the omicron variant of COVID-19 is expected to ebb in our city, and the sun will certainly shine a bit longer each day. Here at ERCV, we adapt to our circumstances and make the best of every season. This month's newsletter offers a bouquet of opportunities to connect with others and a variety of sweet events to enjoy.

Want to have some fun? Warm up to Valentine's Day with our themed **bingo** game on Thursday, February 10th. You'll see old friends, make new friends, have a few laughs, and likely win a chocolate treat!

Want to find out about a new health-promoting program that may help you or someone you love? Come to an information session on February 17th and find out about the **Stronger Memory** program ERCV plans to launch next month.

Please don't miss our **Black History Month** activities that include a February 19th online discussion of the book *Snowstorm in August: Washington City, Francis Scott Key, and the Forgotten Race Riot of 1835* by local author Jefferson Morley, who will be joining the conversation. Also, on February 24th ERCV Volunteer Leader Roger Glass will share what he discovered in "Momma Addie's Scrapbook" about his ancestors' social justice work during the first half of the 20th century.

And, if the subjects interest you, I do hope you will take advantage of the "February Shorts" program that will offer DC Village seniors **two free multi-day classes** in February through American University's Osher Lifelong Learning Institute (see the Community calendar listings for details).

Remember, everyone is welcome at ERCV's health and wellness, educational, and social activities, so please invite your friends and neighbors. If you are interested in volunteering, please contact the office at 202-656-7322 or info@eastrockcreekvillage.org. Village members, please let us know if you need an N95 mask, a home COVID-19 test, a ride to the doctor, some help with your technology, or even assistance with moving a box or changing a lightbulb! ERCV is all about neighbors helping neighbors, and we are here for YOU.

Finally, did you know that this month and year marks the 20th anniversary of the launching of Beacon Hill Village in Boston, the very first Village in the United States? Since then, we have seen the growth of a network of over 300 Villages, serving tens of thousands of seniors. Among these is our own East Rock Creek Village, which was founded in 2013 and opened its doors in 2016. On February 15th, **National Village Day**, please raise a glass to the Village Movement and check out the DC Villages' newly released [Impact Report](#). See the many ways that our local Villages are making a difference. Together we are redefining what it means to grow older in this country and enabling more people to enjoy life at home and in their communities.

Stay warm and well.

--David Mackoff

We mourn the recent passing of Ethel Delaney Lee, age 96, a beloved ERCV member, community leader, and activist. Our hearts go out to her extended family.



SPOTLIGHT:
National Village Day Celebrates 20th Anniversary
of the Village Movement



To celebrate the 20-year anniversary of the Village Movement and the positive impact Villages are having on the experience of aging, Tuesday, February 15, will be recognized as National Village Day. The Village model was created when a small group of Beacon Hill neighbors established the first Village in Boston in 2002. Today the Village Movement is a thriving network of over 300 nonprofit, community-based Villages across the country, established as a cost-effective, sustainable solution for healthy, vibrant aging – a milestone worthy of celebration!

The celebration will reach the halls of the US Congress with a proclamation in the House of Representatives sponsored by Massachusetts Congressman Stephen Lynch, designating February 15 as National Village Day and recognizing Beacon Hill Village and the Village Movement.



HELPFUL INFORMATION: COVID-19 UPDATE

Although the surge of COVID-19 infections in DC from the omicron variant appears to be abating, the stress on hospitals and medical providers and facilities continues. Even infections that do not result in hospitalization result in sickness, medical personnel in quarantine, and labor shortages. Scientists are also keeping a watchful eye on a newly-identified BA.2 variant nicknamed “stealth omicron.”

DC Mayor Muriel Bowser has extended the limited COVID-19 public health emergency until February 15, 2022, and the indoor mask mandate until February 28. Read the Mayor’s January 27, 2022, Coronavirus [Situational Update](#) for extensive information on all things COVID.

The biggest news is that DC Health has opened a **Ward 4 COVID Center at 4704 13th Street NW** inside the Peoples Congregational United Church of Christ. It provides one-stop access to free vaccinations, boosters, take-home rapid antigen tests, PCR tests, and KN95 masks.

The Ward 4 COVID Center will be open 10am-8pm on Monday, Tuesday, Wednesday, and Saturday; Thursdays 11am-9pm; Fridays 9am-7pm, and closed on Sunday. If assistance is needed on a Sunday, COVID Centers in Wards 5,6, and 7 will be open 9am-7pm.

In January, ERCV purchased and delivered nearly 100 KN95 masks to members. A **new supply of KN95 masks has been ordered**. We will deliver two masks to any ERCV member or volunteer and their household members while supplies last. Please email info@eastrockcreekvillage.org or call us at 202-656-7322 to arrange to get your masks.

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

To review key strategies to protect yourself from the highly contagious omicron variant, visit the [ERCV website](#).



ERCV PORTRAITS - Meet Gloria Sulton



ERCV member Gloria Sulton grew up in Spring Hope, NC, 35 miles east of Raleigh, and jokes that its motto is “spring in and hope to get out”! She indeed managed to get out in 1960, when she arrived at Howard University to study political science. After graduation, she worked at Howard, first in the accounting department and then in the alumni affairs office.

Gloria later landed a job as a legal secretary. After observing the attorneys’ work, she decided to pursue law school. Her then-three-year-old son inspired her to succeed. She attended Georgetown Law full-time while working part-time and supplementing her income with loans and grants.

After law school, she clerked at DC Superior Court. She was fortunate that her judge had a rotation of assignments, which allowed her to observe a variety of the work within the Court. In 1975 one of her former professors invited her to work with him on the newly established Federal Election Commission, which required office-seekers to file reports of their campaign contributions. She was surprised at how little power the Commission had to penalize inappropriate actions.

After a few years with the FEC, Gloria moved to another federal agency, which regulated the largest oil and gas producers under federal price controls. This agency became part of the Department of Energy, and later the attorneys were integrated into the General Counsel’s Office. She worked primarily on ethics issues, educating the DOE’s employees and advisors, reviewing employees’ financial disclosure reports and advising when needed. She retired in 2005.

As a lover of visual arts, Gloria has spent lots of time at local galleries and museums and talking with artists. These days she is content with enjoying photos and videos of her grandson in Los Angeles. She walks her dog twice every day, and has thrown a few block parties, which has enabled her to get to know her neighbors better. She especially appreciates that opportunity,

after working so hard for so many years and lacking time and energy to build those bonds. As many ERCV members know, Gloria is a fantastic hostess!

As Past President of ERCV, Gloria is glad to see the Village truly helping people who need assistance and thinks it doesn't get enough publicity for all the good things it is doing. She would love to see a resurrection of Swing into Spring (with someone else in charge!) or another big social event, whenever we are able to gather safely.

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



PLEASE JOIN US FOR FEBRUARY EVENTS -



~Skunk Cabbage (Rock Creek Park, late winter) ~

Tuesdays, February 1, 8, 15, & 22: 8:00-9:00 am

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 or call 202-656-7322 for more information and the Zoom link.

Fridays, February 4, 11, 18, & 25: 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 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, February 7, 14, 21, & 28: 12:00 pm

ERCV NOT QUITE MORNING WALKERS

- While it's so cold this month, our morning walk will now begin at NOON. We will meet at 1312 Juniper Street, NW, and walk in the neighborhood for about 40 minutes. Walkers may include a sweet Husky dog named Gracie.
- No reservation is necessary but if you call 202-656-7322 before noon, we will wait for you before we set out. Email info@eastrockcreekvillage.org if you would like to receive an email reminder on Sundays. Winter weather can lead to walk cancellations. Please call 202-656-7322 to be sure a walk is happening.

Mondays, February 7, 14, 21, & 28: 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 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.

Thursday, February 10: 3:00-4:00 pm

ERCV VALENTINE SWEETHEART BINGO VIA ZOOM



- Join members, volunteers, and friends of East Rock Creek Village to celebrate an early Valentine's Day in a toasty-warm COVID-safe way via Zoom. Fix yourself a hot chocolate and ENJOY our virtual gathering.
- Register [HERE](#) to get the Zoom link and reminder emails.
- Get your bingo player code [HERE](#) and play online or print your own cards.
- Call the office at 202-656-7322 or email info@eastrockcreekvillage.org if you would like us to print and deliver your bingo cards or need any other assistance to play.

Thursday, February 17: 3:00-4:30 pm

STRONGER MEMORY PROGRAM INFORMATION SESSION

- Find out about the new program ERCV plans to launch in March to help participants improve their memory.
- [StrongerMemory by Goodwin House](#) provides a curriculum designed to stimulate the brain's prefrontal cortex, which governs our ability to retrieve memories. Through consistent use of StrongerMemory exercises, such as quickly doing simple math problems, writing or journaling, or reading aloud for just 20–30 minutes each day, participants have noticed improvement in their ability to focus, find misplaced items, and remember conversations. Check out this [short introductory video](#).
- We're seeking participants to join a group that will meet weekly via Zoom to support brain health—especially for those who might be experiencing mild cognitive impairment or early-stage dementia. Spouses and other caregivers are encouraged to participate. All materials will be provided free of charge to those in our service area.
- [Click HERE](#) to register for the introductory session. You will receive Zoom instructions via confirmation and reminder email messages providing the Zoom link and directions on how to join by phone. If you cannot come to the introductory meeting, please email ERCV or call 202-656-7322 to let us know of your interest. Questions are welcome!

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

BLACK HISTORY MONTH 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.**
- *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. Copies of the book are available at area libraries. Start reading now!
- **Register to attend [HERE](#).** Click on the red registration button, then enter your name and email address. You do not have to log in. You will receive a confirmation email and several reminders. You can register right up to the beginning of the discussion—click "Join online meeting."
- Or phone in. Register at the link above to receive instructions.
- For assistance, please contact ERCV at 202-656-7322 or email info@eastrockcreekvillage.org.

Thursday, February 24: 3:00-4:30 pm

BLACK HISTORY MONTH'S ARMCHAIR TRAVEL SERIES WITH ROGER GLASS: MOMMA ADDIE'S SCRAPBOOK—A WINDOW INTO A FAMILY'S HISTORY OF SOCIAL ACTIVISM



- In 2009, while cleaning out his grandparents' home in Tarrytown, NY, Roger Glass uncovered a scrapbook stuffed with photos, newspaper articles, church programs, and other materials that had been in the house's basement for more than 60 years.
- Kept by his great-grandmother Addie Jackson from the early 1900s through about 1938, the remarkable scrapbook documented

Roger's family's history of social activism and community involvement, as well as the achievements of the nation's African American community. Roger will share more about the scrapbook and details of his family history research.

- Register to attend [HERE](#). Click on the red registration button, then enter your name and email address. You do not have to log in. You will receive a confirmation email and several reminders. You can register right up to the beginning of the discussion—click “Join online meeting.”

Did you miss ERCV’s Armchair Travel Series session, [Bohemian Rhapsody with Ralph Blessing](#), on January 27, 2022? Visit ERCV’s new YouTube channel to watch and enjoy the recording! <https://youtu.be/t8ibXcuD2l4>



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.

~ **Everything You Want to Know About Test Kits: Wednesday, February 9, 11:00 am** – Join us for this presentation on how to correctly use at-home rapid test kits and get information on the various types of test kits, the limits of the tests, and when to use them. Dr. Laura Blinkhorn is a board-certified family physician and geriatrician who currently works at Mary’s Center, where she sees patients of all ages and runs a geriatrics clinic. There will be plenty of time for Q&A, so have your questions ready. [Find more information and register here](#). Offered by **Foggy Bottom West End Village**.

~ **Art Thursday – Arts of the Islamic World, Interactive live online tour, Freer and Sackler, the Smithsonian’s National Museum of Asian Art: Thursday, February 17, 1:00 pm** – This tour will

provide an opportunity to examine and respond to exceptional artworks in the museum's collection of Islamic art. The arts of the Islamic world encompass a great diversity of traditions far-ranging in geography and historical period—from North Africa to India, and since the advent of Islam in the late seventh century. The Freer Gallery of Art and Arthur M. Sackler Gallery holds one of the country's finest collections of arts of the Islamic world. For those of you who are mostly familiar with Western Art, this will be an opportunity to expand your horizons. [Find more information and register here](#). Offered by **Foggy Bottom West End Village**.

~ **Website for public Washington Area Village Exchange (WAVE)** – The Washington Area Village Exchange (WAVE) has a website for area villages to list their public programs. It includes many fascinating programs from many area villages. Check out their site [here](#) to see what might interest you.



... AND SOME COMMUNITY OPPORTUNITIES ...

The Osher Lifelong Learning Institute at American University (OLLI) offers a unique opportunity to continue learning at the university level. **February Shorts** are study groups meeting 3-5 times over the course of one week. AU's 2022 February Shorts pilot program for seniors offers courses to Neighborhood Villages (including ERCV) in the Washington area on a no-cost basis.

~ **OLLI February Shorts Program: Discover 16 New Geniuses in the Performing Arts: February 7-10, 1:45-3:15 pm, Online (registration deadline February 4, 8:00 am)** – Since 1981, the MacArthur Foundation has given what the press calls “genius grants” of \$625,000 a year for five years to 70 individuals “of outstanding talent” to allow them “to pursue their own creative, intellectual, and professional inclinations.” In this OLLI class, four recipients in their fields of expertise—classical music, dance, jazz, and vocal music—will be highlighted. We'll use video and audio clips to highlight what's distinctive about each artist's work and their influence on other performers. For details and to **register**, click [here](#) by 8:00 am on February 4. (If the February 4 registration deadline has passed OR you want assistance to register or need help using Zoom, please contact ERCV at info@eastrockcreekvillage.org or 202-656-7322.)

~ **OLLI February Shorts Program: Tough Cases: Judges Tell the Stories of Some of the Hardest Decisions They've Ever Made: February 14-18, 9:45-11:15 am, Online (registration deadline February 4, 8:00 am)** – This study group will have a behind-the-scenes look at how judges grapple with and decide some of the hardest cases of their careers. Some cases gained international attention. Other cases are less well-known but equally fascinating, as the class will explore the personal, political, and emotional factors that go into making the hard decisions. Class members should plan to read two chapters of *Tough Cases* before the start of each class (approximately 20 pages per chapter). Read: *Tough Cases: Judges Tell the Stories of Some of the Hardest Decisions They've Ever Made* by Canan, Mize, Weisberg, Walton, 2018, ISBN: 978-

1620973868. For details and to **register**, click [here](#) by 8:00 am on February 4. (If the February 4 registration deadline has passed OR you want assistance to register or need help using Zoom, please contact ERCV at info@eastrockcreekvillage.org or 202-656-7322.)

~ **"Come As You Are" Online Series, Friends of the Shepherd Park Library: Brenda Mejia, "Real Estate Trends in 20012": Thursday, February 10, at noon** – Brenda Mejia kicks off the "Come As You Are" series. Here's the link to join:

<https://us02web.zoom.us/j/86127631308?pwd=ZGZMMjBvME5meUo4bUlmaEpXQXlqdz09>

Meeting ID: 861 2763 1308 Passcode: FRIENDS For more details on either "Friends" program, contact Friends of the Library president Mark Pattison at 202-829-9289 or mpattison@catholicnews.com

~ **"Come As You Are" Online Series, Friends of the Shepherd Park Library: Ralph Blessing Travelogue, "Putting the 'Adore' in Ecuador": Tuesday, February 15, 3:00 pm** – Enjoy Ralph Blessing's newest collection of travel photos, "Putting the 'Adore' in Ecuador." With a title like that, you know it's got to be held close to Valentine's Day. A multiply-honored *Washington Post* Travel Photo Contest winner, Ralph has been to Ecuador many times, including last fall. He will also share pictures from a visit in the 1970s. Here's the link to join:

<https://us02web.zoom.us/j/89918067430?pwd=ZVd6M2w1Um5pOG1UL2l1azR0cEJEUT09>

Meeting ID: 899 1806 7430; Passcode: FRIENDS

~ **DC Library Services: Cooking Magazines, Cookbooks, & Classes – Online Anytime –**

Cooking Magazines – Access thousands of amazing recipes with access to current cooking magazines from around the world from "Bon Appétit" to "Cooks Illustrated" to the "Food Network Magazine"! No subscription required, [just log in to OverDrive](#) with your Library Card. **Cookbooks** – The Library has a wealth of cookbooks that you can check out from your [neighborhood library](#) or [online](#)! Find your aunt's favorite *Joy of Cooking* pie crust recipe, find the perfect vegetarian dish in one of famed chef Yotam Ottolenghi's best-selling cookbooks, and more. **Virtual Cooking Classes** – Whether you need a crash course in the basics of preparing a meal or you want to take your baking and pastry skills to the next level, you can find the right class for you with [Great Courses](#) in Kanopy! With Great Courses, you can [learn about the fundamentals of cooking, amp up the flavor of healthy dishes](#), and so much more, all taught by instructors from the Culinary Institute of America. Kanopy streams thoughtful entertainment to your preferred device with no fees and no commercials by partnering with public libraries and universities.

~ **"Age of Love" Movie Screening & Panel Discussion, Charles E Smith Life Communities:**

Tuesday, February 15, 2:00-4:00 pm – "The Age of Love" follows the humorous and poignant adventures of thirty older adults who sign up for a first-of-its-kind speed dating event exclusively for 70- to 90-year-olds. [Check out the film's trailer!](#) From anxious anticipation through the dates that follow, it is an unexpected tale of brave older adults who lay their hearts on the line and discover how emotional needs and desires change—or don't change—from first love to the far reaches of life. Following the film, we will have a discussion with the film's

director, Steven Loring, and Amy Schoen, Professional Life Coach and Dating/Relationship Expert. Register [HERE](#).

~ Online Happy Hour: Celebrating Artemisia Gentileschi: Wednesday, February 16, 5:30-6:30

pm – Join us for a virtual happy hour to celebrate the life and work of Artemisia Gentileschi. Eve Strassman-Pflanzer, Curator and Head of the Italian and Spanish Paintings Department at the National Gallery of Art will join us to explore the life and work of this amazing Baroque painter. Bartender Andra "AJ" Johnson will teach us how to make a specialty cocktail in her honor. Free event. **To register (required)**, click [here](#).

~ Free online hands-on cooking classes, George Washington University Culinary Medicine

Program: Thursday evenings, 5:00-7:30 pm, or Saturday mornings, 10:00 am-12:30 pm – All classes will be held online using Zoom. [SIGN UP NOW](#) for the 6-week Adult Beginner Series. The free cooking classes are open to the public. Participants will learn to cook healthy, delicious recipes and learn basic nutrition concepts such as building a healthy meal, eating on a budget, meal planning, and how to cross-utilize leftovers. Class members prepare different recipes each week and learn about how to make terrific, delicious food that just happens to be good for you!

-- 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.



**THE
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Thanks!