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⚙ FEBRUARY 2022 CALENDAR UPDATE ⚙





Thursday, February 17, 2022, 3:00-4:30 PM

ONLINE: STRONGERMEMORY INFORMATION SESSION

StrongerMemory is open to anyone who wants to take charge of their brain health. Preview and sign up for a free program beginning in March. Register online [HERE](#)

StrongerMemory is a curriculum designed to stimulate the brain's prefrontal cortex, which governs our ability to retrieve memories. Participants spend just 20 to 30 minutes a day five to seven days a week engaged in simple reading, writing and math activities and also participate in a series of facilitated weekly Zoom group check-in sessions. These exercises have been shown in brain scans to activate the pre frontal cortex which controls memory retrieval, exercising neuro cognition and making new pathways.

[Click Jessica's Video near the bottom of this page](#) for an introduction to StrongerMemory – you are encouraged to watch the whole series of brief videos which follow telling the story of how Rob Liebreich, the President of Goodwin House Senior Living Residences in Northern Virginia, developed the program when his mother Wendy was diagnosed with Mild Cognitive Impairment (MCI) 11 years ago. Wendy and her husband Howard are featured in many of the videos describing how she has benefitted from doing the exercises regularly for over ten years.

An introduction to the StrongerMemory program includes a sample of the exercises. After registering, you will receive Zoom instructions by a confirmation and reminder email messages providing the link and directions on how to join by phone. If you want to participate but cannot come to the introductory meeting, please email [ERCV](#) or call (202)656-7322 to let us know of your interest.

Fridays, February 18, & 25: 3:00-4:00 pm

ONLINE: 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.)

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.

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

BLACK HISTORY MONTH 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>

Access ERCV's events list [HERE](#) and ERCV's Valentines message [HERE](#)



... AND SOME COMMUNITY OPPORTUNITIES ...

~ **OLLI Spring Program**-- Sign up **NOW** for the Spring Semester courses which run from March 7 to May 13. Each meeting lasting 90 minutes streamed live once per week.

The Osher Lifelong Learning Institute at American University (OLLI) offers a unique opportunity to continue learning at the university level. **AU's 2022 Spring Semester for seniors offers courses to Neighborhood Villages (including ERCV) in the Washington area on a no-**

cost basis. For details and to **register**, click [here](#) by 8:00 am on March 4. (If the March 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.) There are 4 complimentary courses available to Village Members. See course descriptions below:

~AU School of International Service—Foreign Policy Challenges for the Year Ahead--
Eight Thursdays beginning March 10 (9:45 AM - 11:15 AM)

Professors from American University will explore topics related to foreign policy challenges facing the Biden Administration in the upcoming year. Topics will include: The US, Mexico, and North America; US Policy in Latin America; Economic Benefits of Biodiversity Conservation; Transatlantic Relations; US Middle East Policy; The Water Defenders: How Ordinary People Saved a Country from Corporate Greed; Can the US Shake the Intervention Habit?; and Post Brexit Challenges. **Class Format:** Lecture; **Reading:** No required reading.

~Masters of the Italian Baroque--Eleven Mondays beginning March 7, 1:45 PM - 3:15 PM)

*Claudio Monteverdi was a master composer of vocal music—credited by some as the father of the modern opera—and the composer of eight books of madrigals that set the poetry of Torquato Tasso (of Gerusalemme Liberata fame) and others beautifully and memorably. Monteverdi helped usher in the Baroque era of music from the late Renaissance. His influence on subsequent Italian composers was enormous and we will study a few of them and conclude with the late Baroque music of Antonio Vivaldi. Vivaldi, of course, is best known as the composer of *The Four Seasons*, but this only scratches the surface of his greatness. As usual, we will proceed largely chronologically as we study these composers. **Class Format:** Appreciation; **Reading:** No required reading. **Professor:** David Flaxman is a local choral musician and retired computer scientist.*

~Cover Me: Tales of Songwriters and Their Songs-- Eight Tuesdays beginning March 8 (11:45 AM - 1:15 PM)

“Respect” by Aretha Franklin was just crowned the number one song in the updated Rolling Stone list of 100 greatest songs. However, the Queen of Soul’s take on the song was actually a “cover” of the original which was written and performed by Otis Redding. As great as Otis’ performance is, Aretha’s became the definitive version.

In this class, we will learn the stories of the songwriters who write songs that others perform and how the cover songs took on lives of their own. We’ll start by listening to cover songs by two of the greatest cover bands that ever existed—The Beatles and The Rolling Stones, bands that got their start by playing songs written by Buddy Holly, Chuck Berry, Robert Johnson, and others. Then there are the stories of the professional songwriters behind hits such as “Hound Dog,” “Stand By Me,” and “(You’ve Lost That) Lovin’ Feeling.” Some professional songwriters went on to become performers in their own right so we’ll learn the stories of Carole King, Randy Newman, Jimmy Webb, and Laura Nyro.

We’ll then venture onto which version of a song is better, listening to songs by bands and performers that hit the big time mostly on the backs of their covers. Other classes will focus on

some of the most covered songs of all time as well as traditional and classical songs that became modern day hits. The course will finish with a survey of songs written for movies, TV, and the theater that entered the pop mainstream, as well as songs that are used for commercials. **Class Format:** Appreciation; **Reading:** No required reading. **Professor:** Larry Gondelman, a former trial attorney, has loved rock 'n roll his entire life.

~Classics of African American Art -- Literature and Music--Eight Thursdays beginning March 10 (1:45 PM - 3:15 PM)

According to a recent book, we are called to *Read Until You Understand: The Profound Wisdom of Black Life and Literature*. To that end, we will explore texts, music, and images, which have influenced the current plethora of African American art. Team-taught by a lifelong English professor and a lifelong composer and performer, the class will explore work by, among others, Frederick Douglass, James Weldon Johnson, Zora Neale Hurston, and Richard Wright.

This is the first of two multi-disciplinary semesters we hope to lead in which the vexing contradictions of justice and racism are addressed with—often—glorious provisional resolutions. **Class Format:** Reading and Discussion **Reading:** 2 hrs/week. **Professors:** Eleanor Heginbotham, PhD, author and professor on American authors and Gerald Coleman, PhD, composer, conductor, organist, performer and theologian.



Happy DC Villages Day!

DC Villages Build a Welcoming Community as People Age

Volunteers contributed more than 17,500 hours of service last year to combat social isolation, improve access to health services, and manage COVID.

WASHINGTON, D.C. — Every day across the District of Columbia, DC Village volunteers work to ensure older residents are able to remain engaged and valued members of their community. During the last fiscal year, this amounted to more than 17,500 hours of service to combat social isolation, improve access to health services, and provide needed household support.

The DC Villages are a group of 13 grassroots organizations operating in neighborhoods throughout the city. They provide services and support, such as transportation, health and wellness programs, home repair, and social and educational activities.

In recognition of the work of the DC Villages, Mayor Muriel Bowser proclaimed February 15, 2022, "DC Villages Day" to coincide with the Congressionally designated "National Village Day" and the 20th anniversary of the birth of the Village Movement....

The DC Villages are part of the national Village Movement, which encompasses nearly 300 Villages nationwide. Congress has declared February 15, National Village Day to both recognize the importance of Villages and to mark the 20th anniversary of the founding of Beacon Hill Village in Boston, the first Village in the country. Today, the greatest concentration of Villages in the nation is in the Greater Washington Area with 74 Villages operating in the District, Northern Virginia, and Montgomery and Prince George's counties in Maryland.

To learn more about the DC Villages, the services they provide, and how to join or volunteer, visit www.DCVillages.org. (excerpt of DC Villages Press Statement, Feb 15, 2022)

DC Mayor Bowser's DC Village Day Proclamation

WASHINGTON, DC
MURIEL BOWSER, MAYOR

Proclamation



DC VILLAGES DAY

FEBRUARY 15, 2022

WHEREAS, Villages are a thriving, nationwide network of more than 300 neighborhood-based, membership organizations that coordinate the essential services necessary to allow aging adults to live independently and remain in their homes as long as possible; and

WHEREAS, the Village model is a cost-effective, sustainable solution for healthy vibrant aging and an effective, grassroots response to our nation's and our city's burgeoning senior population which requires supplemental resources and services; and

WHEREAS, Washington, DC is home to 13 DC Villages that work to ensure that DC seniors have access to transportation, health and wellness programs, in-home assistance, home repairs, social and educational activities and more; and

WHEREAS, DC Village seniors provide many of necessary services themselves, thereby reducing their sense of isolation and greatly improving their interdependence, health and sense of purpose; and

WHEREAS, all 13 DC Villages are members of the national Village movement marking the 20th anniversary since the nation's very first Village was established in Boston, MA in 2002:

NOW, THEREFORE, I, THE MAYOR OF WASHINGTON, DC do hereby proclaim February 15, 2022, as "DC VILLAGES DAY!" in Washington, DC.





ERCV is a proud member of the National Village to Village Network (VtV), Washington Area Villages Exchange (WAVE) and the DC Villages.



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



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