

MARCH 2022

East Rock Creek Village — 202-656-7322

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PRESIDENT'S CORNER

Living with Lions and Lambs



These waning days of winter have been feeling a little crazed. We go from sunny days with temperatures in the 70s to days of bitter winds and frost – and back again. We are told that March comes in like a lion and leaves like a lamb (or the reverse!), but when those animals visit us seemingly at random it can be confusing. Walking in the neighborhood, we see crocuses and snowdrops courageously emerging, seemingly unaware that spring has not yet arrived. It's good, however, to realize that most of these early-blooming flowers are able to survive the extreme shifts in the weather. May we all be so confident and resilient!

It has now been two long years since COVID-19 came to town. We have stayed in our homes and learned to socially distance and mask ourselves, getting together with friends only occasionally and then mainly outdoors. We thought the pandemic was ending a year ago with the introduction of vaccines, before the variants came along. As the number of people infected by the omicron variant spiked this winter, we at ERCV had to postpone our in-person holiday party and continue to meet online. Still, we are cautiously optimistic that before long it will be safe to get together again. Spring *will* arrive. In the meantime, our multi-layered approach encouraging vaccinations, booster shots, wearing masks, getting tested -- and warmer weather – will allow us to begin having more in-person activities. We will start with our first Lunch Bunch gathering of 2022 at Olive Lounge's patio on Thursday, March 31st. Please join us as we courageously emerge once again to enjoy each other's company in person!

Our online programming will also continue to keep us connected and engaged in our community this month. Don't miss our docent-led tour on Thursday, March 10th, when we will sample the Smithsonian American Art Museum's collection of works by WPA artists. And on St.

Patrick's Day come to our virtual bingo party. You can bring or wear something green that day or even celebrate with a Guinness stout or Irish Whiskey, if the spirits so move you.

I am especially excited that so many of you attended the StrongerMemory information sessions in February and have signed up to be in the first cohort of our complimentary brain health program. Special thanks go to Susan Davis for nurturing this project and leading the group, which will meet every Tuesday afternoon for the next 12 weeks.

We are fortunate to live in such a stimulating city. I attended the American University's OLLI February Shorts program and am looking forward to checking out some of their spring offerings described in this newsletter. If you are interested as well, be sure to sign up online before March 4th or let the ERCV office know if you would like to register but need help. And, of course, don't forget to take a look at the other free events that you have the opportunity to enjoy this month.

Finally, please let us know if you want to become more involved with East Rock Creek Village. Help us spread the word about the benefits of being part of our Village. We have a thousand new ERCV brochures to distribute to neighbors and local businesses. We have a hundred masks to give to members and volunteers, and we have tens of requests for rides each month. Giving even an hour or two each month to ERCV will help make spring arrive a little sooner for us all.

--David Mackoff



SPOTLIGHT: HELP SPREAD THE WORD ABOUT EAST ROCK CREEK VILLAGE!

We have 1,000 new ERCV brochures to share. Do you have a neighbor or friend who might be interested in becoming a member or a volunteer? Do you have a favorite neighborhood restaurant or coffee shop that might post a few of our brochures? Please contact the ERCV office at info@eastrockcreekvillage.org to let us know if you want to join our Outreach Team. You will get a small packet of brochures to distribute and have a chance to win an ERCV t-shirt.



Daylight saving time 2022 will begin at 2:00 am on Sunday, March 13!

HELPFUL INFORMATION

AARP TAX-AIDE PROGRAM CAN HELP YOU WITH YOUR TAXES

AARP Foundation Tax-Aide volunteers provide in-person and virtual tax assistance, free of charge, with a special focus on taxpayers who are over 50 or have low to moderate income (less than \$73,000). Volunteers are now available to assist with filing Federal and DC tax returns for 2021.

Due to the pandemic, two types of service are offered by AARP -- online and phone coaching for those who have internet access, and in-person scanning/drop-off of tax documents with volunteers completing the tax return online. If you just want some help to do your taxes online, go to the Tax-Aide website at <https://taxaide.aarpfoundation.org/> to register.

There are two nearby locations where you can bring your tax materials for scanning by appointment only:

- Call 202-643-9263 to make an appointment for Tuesdays or Thursdays from 10am-2pm at Emery Recreation Center, 5701 Georgia Ave, NW.
- Call 202-656-1341 for an appointment for Mondays or Fridays from noon to 4pm at Petworth Library, 4200 Kansas Ave, NW (at intersection with Georgia Ave).

East Rock Creek Village will provide home pick-up services for our members who cannot visit a Tax-Aide site. Call ERCV at 202-656-7322 or email info@eastrockcreekvillage.org for details. If you are not a current ERCV member but are over age 50 and live in our service area -- Ward 4 north of Kennedy Street -- please call or email us. No one will be turned away for financial reasons.

HOMESTEAD DEDUCTION, SENIOR CITIZEN AND DISABILITY PROPERTY TAX RELIEF

- Reminder to Homeowners to submit an application for a homestead, senior citizen, or disability property tax deduction. Residents can apply [online](#) or by using a paper form accessible by calling 202-727-4829. If a properly completed and approved application is filed by March 31, the property will receive the Homestead benefit for the entire tax year.
- Homeowner or Renter Households including someone 70 or older with Adjusted Gross Income less than \$76,000 are eligible for up to \$1,225 rebates of property taxes or rent from DC -- file a stand-alone Schedule H (or include in your DC income tax return) at [MyTaxDC](#).

COVID-19 UPDATE

The **Ward 4 COVID Center at 4704 13th Street NW is located** 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. This site has a parking lot and is easily accessible. Visit this [website](#) to get live updates on the Center's mask and test inventory.

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.

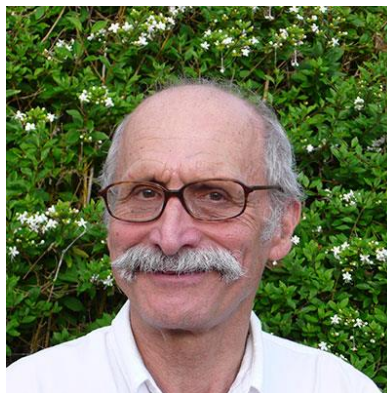
ERCV has a **new supply of KN95 masks and can also provide COVID rapid tests if needed.** Please email info@eastrockcreekvillage.org or call us at 202-656-7322 to arrange delivery.

As of March 1, 2022, DC will no longer require masks to be worn indoors, except on public transportation, taxis, ride-shares, in medical facilities and DC government offices that interact with the public. Any private business may choose to require staff and customers to be vaccinated and wear masks indoors. Read the Mayor's February 14, 2022, Coronavirus [Situational Update](#) for extensive information on all things COVID.

To review key strategies to protect yourself from COVID-19 variants, visit the [ERCV website](#).



ERCV PORTRAITS - Meet Peter Kramer



ERCV volunteer and board member Peter Kramer was born in Naples, Italy, to a German father and Italian mother. In 1943 the family moved to Heidelberg, Germany. While attending university in the early 1960s he studied biology and was very active in theater. Young Germans were questioning the politics of their elders, and he belonged to a political cabaret group similar to DC's satire troupe Capitol Steps.

At age 22 Peter spent a year living and studying in the Galapagos Islands. He then returned to Germany to earn his PhD, and upon completion he went right back to the Galapagos for four years. Later, he worked at the University of Essen (Germany), and then lived in Switzerland for the next 25 years, working for the World Wildlife Fund. There, he was Director of International Conservation Programs, and focused on large strategic decisions and building the institution. One of his most memorable endeavors was working to end commercial whaling. After years of lobbying and working with Greenpeace and other NGOs, commercial whaling was finally banned (although a handful of countries still do it, claiming it's for scientific purposes).

Seventeen years ago Peter retired, married Diane Wood, and emigrated to the US. He has three sons, still in Switzerland, along with three grandchildren. For the first 8 years of retirement, he chaired [The Charles Darwin Foundation](#), which runs a research facility in the Galapagos, and found that he was working harder than ever! He's no longer on that board, but is still involved and very supportive of the organization. He's taken at least a dozen trips back there over the years, most recently in late 2021. The first time he visited, there were no tourists. Now, the Islands get around 300,000 visitors per year. Thankfully the Archipelago is well-managed, and a number of invasive plant and animal species have been removed.

More recently, Peter has been a docent at the Holocaust Museum in addition to his work with ERCV. Peter likes being part of ERCV because it has enabled him to get to know his neighbors. Since he only came to DC in 2005, he has some catching up to do! Last year Peter initiated a partnership between ERCV and Ward 4 Mutual Aid. He is especially enthusiastic about that because it helps us reach a group of people we otherwise wouldn't connect with. He hopes that we can do a joint event with them sometime in the future.

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



PLEASE JOIN US FOR [MARCH EVENTS](#)--



~ maples in flower ~

Tuesdays, March 1, 8, & 22 (no class on the 15th): 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.

Tuesdays, March 1, 8, 15 & 22: 4:00-5:00 pm

STRONGER MEMORY PROGRAM WEEKLY CHECK-IN



- The Stronger Memory Group will provide encouragement and support at weekly check-in meetings via Zoom. Group members will receive the link and directions on how to join by phone.
- The first group is now filled. Email info@eastrockcreekvillage.org to be put on a wait list for a second cohort to begin this summer.

Fridays, March 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, March 7, 14, 21, & 28: 12:00 pm

ERCV NOT QUITE MORNING WALKERS

- The weather is beginning to warm up, but we will continue our “almost morning” walk at noon this month. 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 and her owner Evelyn.
- 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, March 7, 14, 21, & 28: 4:00 pm

ERCV AFTERNOON WALKERS

- The Monday afternoon walkers will meet at the Learmonths' at 1309 Floral St. NW. We will choose the route depending on the group and the Walter Reed demolition schedule. We may walk on the path in Rock Creek Park but will avoid steep downhill dirt trails.
- 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, March 10: 3:00-4:30 pm

ARMCHAIR TRAVEL SERIES: DOCENT-LED SMITHSONIAN AMERICAN ART MUSEUM (SAAM) TOUR, A NEW DEAL FOR ARTISTS

- During the early years of the Great Depression, American artists found themselves among those eligible for work subsidies through the government's Public Works of Art and Federal Art Project programs.
- Join docent Melissa Clark on Thursday, March 10 at 3:00 pm, for a look at some of the many works in the Smithsonian American Art Museum's collections from the WPA years. We'll talk about the inspiration artists worked from and the



opportunities the programs gave them to develop their talents and connect with other artists.

- Photo provided by the Smithsonian American Art Museum (SAAM); "Baseball at Night," by Morris Kantor

- 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."

Thursday, March 17: 3:00-4:00 pm

ERCV SAINT PATRICK'S DAY BINGO VIA ZOOM



- Join members, volunteers, and friends of East Rock Creek Village to celebrate St. Patrick's Day together via Zoom. Wear or bring something GREEN 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, March 31: 1:00-2:00 pm

LUNCH BUNCH GATHERING AT OLIVE LOUNGE



- Join us for lunch on the outside covered patio of the Olive Lounge at 7006 Carroll Ave., Takoma Park, MD. The Olive Lounge specializes in Middle Eastern fare but also has burgers and tacos on their long menu. Nothing is more than \$15. Click [here](#) to take a look.
- Reach the back patio by walking through the parking lot at Willow and Carroll or along the walkway beside Mark's Kitchen. Parking in the lot costs \$5 but it is often full. You can park for \$3 for 1-2 hours in the lot entered at the corner of Laurel and Carroll, or there is free street parking along Willow St. across the DC line, and in the lot behind the former bank on the northwest corner of Carroll and Willow.
- Please RSVP by email to info@eastrockcreekvillage.org or to **202-656-7322** so we can reserve you a place. And let us know if you need a ride.



EVENTS OFFERED BY OUR SISTER VILLAGES (free & open to all Villages)

The following is a sampling of shared offerings; for more, visit

DMVVillageEvents.org

~ Announcing Art Thursday: Calder-Picasso — a Virtual Tour: Thursday, March 3, 1:00 pm

— Pablo Picasso, a Spanish artist, is known as one of the most innovative and talented artists of

modern times. Alexander Calder, an American, is known as the inventor of mobiles and stabiles, art forms that are ubiquitous today but were avant-garde when first produced. Calder-Picasso, an exhibition at the Museum of Fine Arts, Houston, which closed on January 30, explored the commonalities and differences in the works of these two artists. We are fortunate to have Wendy Adler, Educator from the Museum of Fine Arts Houston's Guild Speakers Bureau, in a discussion about these artists, their work, and how this exhibition came to be staged. [Find more info and register here.](#) Offered by **Foggy Bottom West End Village.**

~ **Cherry Blossom Tour with the Freer Gallery: Tuesday, March 8, 1:00 pm** – The revered sakura, or cherry blossom, has been celebrated in landscapes, figure paintings, and prints by artists from medieval Japan to Katsushika Hokusai and beyond. Even outside the period when the cherry blossoms fall in Washington, DC, you are invited to embrace hanami, the traditional Japanese custom of “flower viewing,” by going cherry blossom viewing in the Smithsonian Museum of Asian Art's Japanese art collections! Register [HERE](#). Offered by **Chevy Chase At Home.**

~ **10 Myths about Aging: Tuesday March 8, 1:00 pm** – Have you ever wondered if what you've heard about aging is really true? Like the older a person gets, the less sleep they need? Or older adults should take it easy so they don't hurt themselves? Come join us in this presentation from members of the National Institute on Aging (NIA) to learn about common misconceptions related to aging and older adults. Jessica Harper and Yuchabel Sanon work in the Health Communications Branch of the Office of Communications and Public Liaison at NIA. In this session, they will talk about myths of aging and share ways you can help preserve your health and mobility as you age. Register [HERE](#). Offered by **Foggy Bottom/West End Village.**

~ **Announcing March PT Shorts—Physical Therapy in only 15 minutes: March 8, 22, & 29** – GWU/Physical Therapy Department graduate students will design and conduct 5 special PT SHORT sessions to keep you STRONG, ACTIVE, and SAFE. Register for any one or all 5! All sessions will be on zoom and recorded so that you can make them part of your weekly fitness routine. See details following. **If you have any questions, please contact Nadia Taran at nadiataran@mindspring.com.** Offered by **Foggy Bottom West Side Village.**

- 1) **Breakfast Back Stretches, Tuesday, March 8, 12:30-12:45pm** – Join Nick, Torin, Pat, and Josh for a fun and safe morning stretch routine to relieve morning back stiffness and pain. Morning stretching can start your day right, getting you back to what you enjoy doing! Register [here](#).
- 2) **Energizing Full- Body Morning Stretch, Tuesday, March 22, 12:30-12:45 pm** – Is your get-up-and-go still stuck in bed? Join Kate, Allison, Emma and Brianna for a head-to- toe easy routine that will leave you ready to face the day. Register [here](#).
- 3) **Benefits of Maintaining Muscle Mass, Tuesday, March 22, 1:00-1:15 pm** – Remember the saying “use it or lose it?” In just 15 minutes, Rachael, Kate, Hannah, and Kristina will

show you ways you can maintain your muscle mass and what effect it can have on your daily life! Register [here](#).

4) *Keeping Arthritic Joints Healthy and Happy, Tuesday, March 29, 12:30-12:45 pm* – Are you sitting out some of your favorite pastimes? Join Renee, Roberto, Brian, and Chloe for a brief overview of arthritis and learn some do's and don'ts. The team will show you exercises you can do at home to improve your range of motion safely. Register [here](#).

5) *Exercises/Stretches after Long Sedentary Periods, Tuesday, March 29, 1:00-1:15 pm* – They say that “sitting” is the new smoking. If you can't break yourself from the habit of sitting for long periods at the computer, or watching TV, then this session is for you. Join Devni, Caro, Tesia, and Caroline for a short but much-needed stretch break. Warning: the exercises may be habit forming. Register [here](#).



. . . AND SOME COMMUNITY OPPORTUNITIES . . .

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 pilot program for seniors offers 4 courses to Neighborhood Villages (including ERCV) in the Washington area on a **no-cost basis**.

Sign up [HERE](#) for the Spring Semester courses which run from March 7 to May 13. Each 90-minute meeting streams live once per week. Register 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.)

Read full Spring semester course descriptions [HERE](#) or see class titles and schedule below:

~Masters of the Italian Baroque:

Eleven Mondays beginning March 7, 1:45-3:15 pm

~Cover Me: Tales of Songwriters and Their Songs:

Eight Tuesdays beginning March 8, 11:45 am-1:15 pm

~AU School of International Service—Foreign Policy Challenges for the Year Ahead:

Eight Thursdays beginning March 10, 9:45-11:15 am

~Classics of African American Art—Literature and Music:

Eight Thursdays beginning March 10, 1:45-3:15pm

~ **International Women's Day Virtual Festival: Tuesday, March 8, 10:00 am-6:30 pm, Online –**

The National Museum of Women in the Arts (NMWA) is currently closed for renovation but will host a day of virtual programming celebrating women through the arts. Hear conversations with artists all around the world, explore what's new in the field of book arts, enjoy a cocktail and music with a special broadcast of The Tea, and much more! Free. **Reservation required for each program.** For more information, click [HERE](#).

~ **AARP Movies for Grownups Screening— *Invisible Warriors: African American Women in World War II*, broadcast live Friday, March 11, 8:00-10:00 pm –**

This film, released in 2021, illuminates the wartime experiences of 600,000 “Rosie the Riveters” – pioneers who courageously triumphed over racism and sexism to create job opportunities in industry and government for themselves and future generations of African American women. Suitable for mature audiences. Several of the women use the n-word while describing their experiences. Sexual harassment is also discussed. Director and Producer: Gregory S. Cooke. Viewers must log into their [AARP.org](#) account to register for the film. If you do not have an AARP account, you can create one for free. AARP membership is NOT required to create an account. You will not be able to pause or rewind or access the show once the broadcast ends. **Free event.**

~ **Friends of the Juanita E. Thornton-Shepherd Park Library Book Sale: Friday, March 18, 2:00-5:30 pm; Saturday, March 19, 10:00 am-3:00 pm –** 7420 Georgia Ave, just north of Geranium. Except for books for children and young people (less than half the current total), ALL books will be on sale for the first time! Plus CDs, DVDs – and for those who like to put the “old” into “old school,” audio cassettes and VHS tapes! No item more than \$1!

~ **More possibilities:**

Go to [Around Town DC](#) to find classes in technology, art, dance, advance planning, fitness, improv, and much more.

Check out **Fort Stevens Recreation Center Winter Programming for Seniors** (age 55 & up), 1327 Van Buren St. NW; 202-541-3755 or [www.dpr.dc.gov](#). There is a small parking lot and ample street parking available.

Exploring Art for Seniors – Mondays, 1:00-2:00 pm
Ageless Yoga – Mondays & Wednesdays, 1:00-2:00 pm
Line Dancing – Tuesdays, 1:45-2:45 pm
Tai Chi – Tuesdays & Thursdays, 11:30 am-12:30 pm
Crochet – Tuesdays & Fridays, 10:15 am-12:00 pm
Senior Film Day – 1st & 3rd Thursdays, 1:00-3:00 pm
Bingo – 2nd & 4th Wednesdays, 2:30-3:30 pm

Pinocle – Tuesdays & Thursdays, 2:00-5:00 pm
Bid Whist – Wednesdays & Fridays, 2:00-5:00 pm
Walk Club – Mondays & Wednesdays, 11:30 am-12:30 pm
Bridge – Mondays, 2:00-5:00 pm

-- 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.



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and bookmark the following link, all your eligible shopping will benefit us:

<http://smile.amazon.com/ch/46-3491502>

Thanks!