

APRIL 2022

East Rock Creek Village — 202-656-7322

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PRESIDENT'S CORNER

April Calm She Will



Spring has officially arrived, but it seems a bit muted this year. At least that's what I'm feeling these days when I walk through my neighborhood — or when I read the news. Like many of you, I am outraged and stricken by the brutal Russian invasion of Ukraine and the thousands of lives lost, and I find myself waiting daily for the next hammer to fall. I'm also aware of the political storms gathering just beyond our sight in our own country, not to mention the reports of the migration our way of a new COVID variant. The chill in the air after warm sunny days seems to echo pre-storm lulls in other parts of the world we share.

Still, when I take a closer look, I see that our local daffodils and cherry trees have blossomed beautifully despite the weather. I see tens of thousands of Ukrainians courageously standing up for ideals of democracy and independence that we Americans have long taken for granted and lately watched erode in our own land. I see nations cooperating and showing resolve instead of turning their faces away. I see heroism appreciated, and I see determination around the world and at home to work for a better future. While none of us know what that future will be, I believe there is room for hope. Together may we find our way to a better spring, summer, and fall.

Closer to home, we at ERCV plan to keep you busy over the next few weeks. In April we will be hosting (for the first time) two Armchair Travel events in a single month. First, on April 7th, ERCV Board member Peter Kramer will Zoom us once again to the Galapagos Islands. He will share photos and stories from his trip there last December as well as the perspective he's gained from having lived and worked there for many years. Then, on April 28th, we will take a docent-led online tour of the Smithsonian American Art Museum, focusing on "Humanity and the Environment". Between these two "virtual" events, on April 21st our Lunch Bunch will meet in

person on the patio of Takoma's Busboys and Poets to celebrate Earth Day a day early. I hope to see you there!

While we are closely monitoring the spread of COVID-19 variants, we are also busy making plans for more in-person activities. Now that the DC libraries are allowing groups to reserve meeting space again, we plan to launch a new Otago Fall Prevention Exercise class beginning May 11th. The group will meet twice each week at the Shepherd Park Library for eight weeks. Please contact the ERCV office if you are interested. All participants will need to be vaccinated and boosted and take all necessary health precautions.

We are also planning a Volunteer Appreciation backyard cookout on May 15th. We will be training a new group of volunteers on May 1st and want everyone to meet, greet, and eat together. If you have been thinking about becoming an ERCV volunteer, now is the time! We especially need more volunteer drivers, available on weekdays, to help members get to medical appointments. Of course, in addition, we can always use a few more hands to do light yardwork or change lightbulbs.

It's said that April showers bring May flowers. Let's use this month, which includes Easter, Passover, and Ramadan, to renew our energy and support each other so that we continue to grow strong, healthy, and beautiful together.

--David Mackoff



SPOTLIGHT: PARKING PASSES EXTENDED

The 2020 parking passes that were set to expire on April 24, 2022, have been extended until November 25, 2022. More info here: <https://www.parkdc.com/pages/permits>



OTHER HELPFUL INFORMATION . . .

COVID-19 Updates

As of March 24, 2022, DC had a LOW level of community spread as measured by the Centers for Disease Control and Prevention (CDC). Our immunity rate is high due to the significant number

of people who are fully vaccinated as well as the large number of people who gained immunity after having recent breakthrough cases of the highly infectious omicron variant.

As we go to print, there are two new developments. The “stealth omicron” variant known as BA.2 is now the dominant COVID-19 strain in the United States, and the FDA has now authorized a second booster shot for people over age 50 and adults with compromised immune systems.

Those who are [up to date on vaccines including boosters](#) have a much lower risk of severe illness and death from COVID-19 compared with those who are unvaccinated or have compromised immune systems.

DC Health continues to operate a **Ward 4 COVID Center at 4704 13th Street NW** inside the Peoples Congregational United Church of Christ. Every day except Sundays (and Sat, April 9), the Center provides one-stop access to free vaccinations, boosters, take-home rapid antigen tests, PCR tests, and KN95 masks. No appointment is necessary and there is plenty of parking. Vaccines and boosters are also available at home for all DC residents. Just call 1-855-636-0333 and they will come to you!

According to the CDC, the keys ways to be protected are:

- Stay up to date with COVID-19 vaccines and boosters;
- Wear a well-fitting mask indoors in public;
- Have a plan for rapid testing if needed;
- Keep indoor spaces well ventilated.

ERCV can help you get vaccinated and boosted and will deliver rapid tests and a supply of KN95 masks to any ERCV member or volunteer and their household members while our supplies last. Please email info@eastrockcreekvillage.org or call us at 202-656-7322 to make any needed arrangements.

DC Health recently launched Digital Vaccine Record (DVR), a web-based portal that gives District residents secure, easy, and free access to their official COVID-19 vaccination records. Click [HERE](#) to sign up for your DC digital vaccine record.



Tax Day is April 18, 2022

If you are unable to file your tax return by this year's April 18 deadline, you can request an automatic six-month extension. An extension allows for extra time to gather, prepare, and file

paperwork with the IRS; however, taxpayers should be aware that **a request for an extension provides extra time to file a tax return, but not extra time to pay any taxes owed**. Payments are still due by the original deadline. Taxpayers should file even if they can't pay the full amount. Estimating and paying any owed taxes by the regular deadline avoids possible penalties. For more information, visit <https://www.irs.gov/newsroom/get-an-automatic-six-more-months-to-file-all-taxpayers-can-use-irs-free-file-to-request-an-extension>.

Possible property tax or rent rebates

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](#). For more information or help applying for a property tax rebate, please contact the ERCV office at 202-656-7322.

Department of Public Works (DPW) Updates

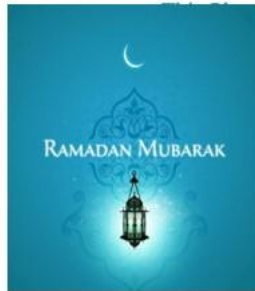
1. After April 2, the Fort Totten Transfer Station will close for approximately six months of repairs. During this period, bulk and residential drop-off will be moved to **Benning Road Transfer Station (3200 Benning Road NE)** on Wednesday-Friday from 10am-2pm. Household Hazardous Waste drop-off will be Saturdays from 7am-2pm. Shredding will take place on the first Saturday of every month from 7am-2pm. For details, visit <https://dpw.dc.gov/service/fort-totten-transfer-station>
2. DPW will begin **cleaning residential alleys** from April 4 through October 31 by Ward. Motorists are asked to obey posted signs indicating the schedule of parking restrictions to ensure streets are swept thoroughly. Between cleanings, residents are asked to pick up litter in the alleys. Call 311 to request an alley cleaning for alleys that are in condition to pose a hazard to public safety or have become inaccessible to emergency vehicles. Learn more at [this link](#).
3. **Yard waste collection** is now year-round, and residents must make an appointment by calling 311 or using the 311 mobile app or website. DPW only collects yard waste in paper bags (up to 20 per home).

DC Paid Family Leave Expanded

Good news for family caregivers: DC will be [dramatically expanding](#) paid family leave benefits for workers in the private sector under its existing paid family leave program to 12 weeks of parental leave, 12 weeks of medical leave, 12 weeks of family care leave, and 2 weeks of prenatal leave. This change will provide workers additional time to take care of sick family members or recover from serious illness. Please visit the [DC Paid Family Leave website](#) to learn more about the existing program.



Greetings & good wishes to all who celebrate this month!



ERCV PORTRAITS - Meet A.C. Warden



Three constants have run through A.C. Warden's life: art, spirituality, and social justice. Growing up in Philadelphia, she was surrounded by creativity. Her mother was an abstract

artist, and her father was an avid photographer, when he wasn't practicing law. Extended family members were also artists, and she dabbled in photography as a teenager.

At age fifteen A.C. began attending Quaker meetings and got involved in protest movements. She spent a few years in San Francisco, embracing the hippie lifestyle. Eventually she came back east and attended the Philadelphia College of Art, where she and a few friends created a radio show on the newly launched NPR. Over the years the show morphed into Fresh Air, which is still broadcast today. A film course helped A.C. discover her passion.

A.C. moved to the District in 1976, and worked on documentaries and editing for PBS, Discovery, and nonprofit organizations, in addition to volunteer work on independent films. An early 1990s women's film festival in Philadelphia inspired her to create a similar event here in DC. The event was a success, and A.C. carried on as volunteer director for five years. It's still going strong, now as the DC Film Festival.

One day some friends asked her to officiate at their commitment ceremony, since she was the most spiritual person they knew. So A.C. joined [The Celebrants](#), and in 2004 was ordained and certified to perform weddings, funerals, and baby blessings. She was especially busy in 2009, when DC legalized gay marriage. She continued working in film too, on projects for Greenpeace and other organizations. A sample of her work can be seen [here](#). She retired in 2020, due to physical limitations.

As a young woman, A.C. was diagnosed with Hodgkin's disease. Her doctors recommended extremely high doses of radiation, which was the state-of-the-art treatment at the time. Many years later, these treatments have left her physically disabled. Thankfully, this hasn't dampened her spirit or zest for life! Her Brightwood home is designed with amazing attention to detail to allow her to live independently. When the weather is nice, you might see A.C. on her scooter, walking her dog, Monty. A.C. is very happy to have found ERCV! She loves the community, and greatly appreciates the volunteer drivers so that she doesn't always have to depend on friends. She hasn't yet been able to take part in many of our offerings but hopes to have the chance soon.

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



PLEASE JOIN US FOR APRIL EVENTS--



*Please register for East Rock Creek Village events that are held in-person or on Zoom. There is a complete listing of all events on the [ERCV website](#). Click on event title to see the registration page and to get more information. Click on the **red registration button** and provide your information. You will receive an email with your confirmation soon afterward. If you have questions, please call the office at **202-656-7322** or email info@eastrockcreekvillage.org.*



Fridays, April 1, 8, 15, 22, & 29: 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 (The link is the same each week.):
<https://us02web.zoom.us/j/85628785908?pwd=Ylp1VzZ5dzBDUFA1aFRWMkVmalpNZz09#success> Meeting ID is 8562 878 5908 and passcode is 618672.

Mondays, April 4, 11, 18, & 25: 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.

- 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.

Mondays, April 4, 11, 18, & 25: 5:00 pm (NOTE new spring time.)

ERCV AFTERNOON WALKERS

- The Monday afternoon walkers will meet at 5pm 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 Sunday evenings. If you call or text Judith McCullough at 202-255-2390 before 5pm Monday, she will wait for you to arrive before setting out.

Tuesdays, April 5, 12, 19, & 26: 8:00-9:00 am

ZOOM OTAGO FALL PREVENTION EXERCISE WITH ANTONIA

- Antonia, our yoga instructor, is leading an online Otago exercise practice designed for those who have Otago experience or experience with other Strength and Balance Classes.
- 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.
- See notice & YouTube video below — we are organizing a new in-person EIGHT-WEEK Otago class series beginning May 11th at 1:30pm for those new to this fall prevention exercise routine.

Tuesdays, April 5, 12, 19, 26: 4:00-5:00 pm

STRONGER MEMORY BRAIN EXERCISE WEEKLY CHECK-IN

- The StrongerMemory Group participants will share their progress at weekly check-in meetings via Zoom. Group members will receive the link and directions on how to join by phone.
- This StrongerMemory group began in March and is closed to new participants. Email info@eastrockcreekvillage.org to be put on the list for a second brain exercise group to begin this summer.

Thursday, April 7: 3:00-4:30 pm

ARMCHAIR TRAVEL SERIES: GALAPAGOS ISLANDS REVISITED WITH PETER KRAMER



- Peter and his wife Diane went to Galapagos again over New Year's and came back with a lot of new experiences and new pictures.
- People go to Galapagos because of the Archipelago's extraordinary wildlife, and since Peter is a biologist and conservationist, his stories and photos focus on the beauty of Galapagos animals and plants.
- Register [HERE](#).
- Call the office at 202-656-7322 or email info@eastrockcreekvillage.org if you need assistance joining us online.

Thursday, April 21: 1:00-2:30 pm

LUNCH BUNCH ON THE PATIO AT BUSBOYS AND POETS IN TAKOMA DC Celebrate an early Earth Day while enjoying lunch outdoors with your neighbors & friends at Busboys & Poets, 235 Carroll Street NW.

- Busboys and Poets is a restaurant, bar, bookstore, and community gathering place. Our seating will be outside on their covered patio in front of the restaurant.
- The [menu](#) is as delicious as it is extensive, serving soups, salads, hot & cold sandwiches, burgers, and even a [Signature Brunch](#) until 3pm daily. Gluten-free, vegetarian, and vegan options are abundant. Lunch items average \$12-\$16 and each person will purchase their own meal.
- Neighborhood street parking is free for Zone 4 vehicles. You can park for \$3 for 1-2 hours in the lot entered at the corner of Laurel and Carroll.
- Please register by clicking [HERE](#) or RSVP by email to info@eastrockcreekvillage.org or call **202-656-7322** so we can reserve you a seat. And let us know if you need a ride.
- FYI -- The name Busboys and Poets refers to American poet Langston Hughes, who worked as a busboy at the Wardman Park Hotel in the 1920s, prior to gaining recognition as a poet.



Thursday, April 28: 3:00-4:30 pm

ARMCHAIR TRAVEL SERIES -- HUMANITY & THE ENVIRONMENT: AMERICAN ARTISTS & THE LANDSCAPE, DOCENT-LED ONLINE ART TOUR



- Each April we celebrate Earth Day and recognize our complicated relationship to our planet.
- On Thursday, April 28th at 3 pm, join Smithsonian American Art Museum (SAAM) Docent Melissa Clark for a look at works of art from SAAM's collection that let us explore how Americans have

engaged with the land in pursuit of power and profit, as well as for purposes of stewardship and conservation.

- Please join us for thoughtful conversation and a close look at works from the 1800s to the present.
- Register [HERE](#) or email info@eastrockcreekvillage.org.
- Photo credit: *Grand Canyon of the Yellowstone*, painted by Thomas Moran, from SAAM collection.

SNEAK PREVIEW OF SOME MAY ACTIVITIES

Sunday, May 1: 2:00-4:00 pm

VOLUNTEER TRAINING VIA ZOOM

- Do you have a couple of hours per month to drive an older neighbor to a doctor's appointment? Or are you willing to change a lightbulb, provide technical support, or make a friendly visit?
- **We are neighbors helping neighbors and we need YOU!**
- All volunteers must be over age 18, pass a criminal background check, and attend a training session that focuses on best practices and ways to assist our members. All volunteers must submit proof that they are fully vaccinated and boosted.
- Volunteers do not need to be ERCV members or live in our service area. You choose your own schedules and almost all driving requests are for weekdays, 9am to 5pm.
- **If you are interested, please contact info@eastrockcreekvillage.org by April 20 to have a preliminary conversation.**



Every Wednesday & Friday beginning May 11 for 8 weeks: 1:30-2:30 pm

IN PERSON OTAGO FALL PREVENTION EXERCISE CLASS

- This class is for anyone 65 or older who wants to improve their leg strength and balance, including those who use a cane. Research shows that those who do the exercises

regularly increase their ability to get up from a chair and in and out of cars and reduce their risk of falling.

- The class will be held in person at the Juanita Thornton/Shepherd Park Library, in an upstairs conference room. 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 free parking on the side streets.
- All participants must be fully vaccinated and boosted. Class size will be limited to 10 and participants and instructors will be masked.
- This FREE class will meet in person twice a week for 8 weeks. To learn more about the OTAGO program watch a sample class [HERE](#) and then contact ERCV by email at info@eastrockcreekvillage.org or by phone at 202-656-7322 to provide your contact information and mailing address.
- A screening questionnaire and information about suitable ankle weights will be sent to applicants.

SAVE THE DATE: SUNDAY, MAY 15, VOLUNTEER APPRECIATION PARTY: 2:00-5:00 pm – Cookout on Gloria Sulton’s beautiful backyard patio. All volunteers, new & long-time, are encouraged to attend.



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.

~ The Artists of Washington: A Virtual Tour at the Smithsonian American Art Museum: Thursday, April 7, 1:00 pm – Washington DC may not spring to mind when you think about cities that have nurtured great artists, but in fact, visual artists have been making exciting art in Washington since the birth of our nation’s capital. Washington is even renowned for its own branch of abstract impressionism, dubbed The Washington Color School. The Smithsonian American Art Museum (SAAM) has many fine examples of works by DC artists, including Alma

Thomas, Morris Louis, Sam Gilliam, Gene Davis, Lois Mailou Jones, and Charles Bird King, to name just a few. SAAM Docent Amy Sabrin will lead us on a virtual tour of works by artists who lived or worked in the District of Columbia from 1820 to the present. For details and to **register**, click [HERE](#). Offered by **Northwest Neighbors Village**.

~ **Tuesday Talk: *Beyond Crises—Overcoming Linguistic and Cultural Inequities in Communities and Classrooms*: Tuesday, April 19, 7:00 pm** – In her new best-selling book, *Beyond Crises: Overcoming Linguistic and Cultural Inequities in Communities and Classrooms*, educator Margarita Calderón argues that strong community partnerships are essential to re-envision how English is taught today. She will describe a lively re-invention of learning English created through networks of families, teachers, and administrators, and tell compelling student stories and anecdotes that convey how education can be reimagined for English learners, including the recent influx of Afghan refugees. Hers is an unapologetic call for action to overturn past inequities and create a vibrant learning community that will benefit all. For details and to **register**, click [HERE](#). Offered by **Cleveland & Woodley Park Village**



. . . AND SOME COMMUNITY OPPORTUNITIES . . .

~ **Maintaining Your Memories as You Clear Out Your Clutter, with Dale Brown: Wednesday, April 6, 3:00-4:00 pm** – Many of us live with unfinished projects, piles of papers, and disorganized drawers. The approach of spring can motivate us to get started. But how do we get the job done? And how do we let go of items with good memories attached? Dale will tell you her success story and share the tips she learned from experts. For details and to **register**, click [HERE](#). Offered by **AroundTownDC**. (Visit the [AroundTownDC website](#) for more information.)

~ **Games with Aaron Thaul: Thursdays starting April 7, 12:00-1:00 pm online** – Aaron Thaul, chess expert and tutor, will work with the group on a variety of games including chess, Wordle, and other online games suggested by the group. For details and to **register**, click [HERE](#). Offered by **AroundTownDC**.

~ **Tips for Improving Your Money Management Skills, with Christine Dolan: Tuesday, April 12, 3:00-4:00 pm** – Christine Dolan will meet with us on Zoom to discuss some tips we can use to better manage our funds. Christine is a Daily Money Manager with a passion for assisting clients who feel stressed and overwhelmed navigating their financial matters, or who are simply too busy to handle it all. For details and to **register**, click [HERE](#). Offered by **AroundTownDC**.

~ **Six-Week Introduction to Mindfulness and Meditation Workshop, with Kaili Mang Jeyarajah: Mondays for 6 weeks, beginning April 18, 10:00-11:15 am** – Are you feeling ill at ease lately? Do you have stress, anxiety, health issues, the “blahs,” or unwelcome habits? Do you wish you had greater equanimity and more ability to enjoy life? In this hands-on 6-week workshop, you will be introduced to and practice time-honored mindfulness and meditation techniques proven to increase happiness, help cope with chronic pain, and ease depression and anxiety. This workshop is held online, but class participation is expected, to the extent you are able. The course includes short daily homework assignments. For details and to **register**, click [HERE](#). Offered by **AroundTownDC**.

~ **Spring Celebration: Saturday, April 23, 10:00 am-12:00 pm** – The Parks at Walter Reed will host their grand Spring Celebration with activities for all ages, including relay races and an egg hunt.

~ **Upper NW Ward 4 Virtual DC Mayor Candidate Forum: Tuesday, April 26, 7:00 pm** – The Shepherd Park Citizens Association (SPCA), Civic League of North Portal Estates, Chevy Chase Citizens Association, and ANC4A are hosting an Upper NW Ward 4 virtual candidate forum for residents to learn more about the candidates running for DC Mayor in the June 21 Democratic primary. From business development to schools to crime, this is your chance to get a personal sense of where the candidates stand on issues that are on the forefront of voters' minds. This is a hotly contested race! **Register** in advance [HERE](#) for this webinar. After registering, you will receive a confirmation email containing information about joining the webinar. Questions for the candidate forum can be submitted [at this link](#).

~ **Ward 4 CARE Team Outreach Day – Takoma: Thursday, April 28, 4:00-7:00 pm** – At the Takoma Library, 416 Cedar St. NW. The Ward 4 CARE Team needs your help in reaching all Takoma residents! Councilmember Janeese Lewis George and her staff are inviting neighbors to come together for Community Outreach Days to check in on one another, engage with issues in our communities, and ensure that resources are in the hands of those who need them. Help distribute resources (including ERCV brochures) and information, check in with our neighbors, and learn what issues need to be addressed in our lovely Ward 4 communities. Sign up to help [HERE](#).

-- 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!