

MAY 2022

East Rock Creek Village — 202-656-7322

7707 13th St. NW, Washington, DC 20012

info@eastrockcreekvillage.org—www.eastrockcreekvillage.org



PRESIDENT'S CORNER

May Flowers



It's taken awhile, but spring has sprung. The trees are filled with leaves again and the azaleas are in full bloom. Every day is a parade of color. As quickly as flowers arrive, others peak and fade away, and new blooms emerge. Every season has its moments, and this is a particularly beautiful one.

That's why I want to take this opportunity to appreciate East Rock Creek Village. Since the beginning of 2022, our volunteers have provided over 125 services for our members. That includes rides to medical appointments, grocery shopping, friendly calls, help around the house, tech support, and so much more. In addition, we've offered over 90 health and wellness, educational, and social programs since the beginning of the year. That includes our chair yoga and Otago fall prevention exercise classes, Armchair Travel, bingo games, neighborhood walks, and Lunch Bunch outings. We launched our new StrongerMemory program and look forward to doing more through the rest of the year. Given the continuing presence of COVID in our city, we've been able to enjoy a nice combination of online and low-risk in-person gatherings.

Speaking of the coronavirus: Have you received your second booster shot yet? Keeping your vaccinations up to date remains the best way to stay safe. Please read our *COVID Update* in this newsletter and let us know if you need KN95 masks, home tests, or help getting fully vaccinated.

I'm happy to report that our Volunteer Committee is training a new group of volunteers via Zoom on May 1st. Personally, I'm looking forward to meeting them and thanking our longtime volunteers at the ERCV volunteer cookout on May 15th. We'll be scheduling more trainings in

the future, so please contact us at info@eastrockcreekvillage.org if you know any recent retirees or anyone else who might want to be of help in our community.

I hope you enjoy the season and take time to smell the flowers. And to my Mom and everyone celebrating or remembering theirs: Happy Mother's Day! 🌸 🌸 🌸

—David Mackoff



SPOTLIGHT: COVID UPDATE

Helpful information:

The Centers for Disease Control (CDC) is now recommending a second booster dose for individuals 50 and older, as well as for certain individuals who are immunocompromised and at higher risk for severe COVID-19.

Need a booster? 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.

The Ward 4 COVID Center is open 10am-8pm on Monday, Tuesday, Wednesday, and Saturday; Thursday 11am-9pm; Friday 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. No appointment is needed.

Can't get out of the house for a vaccination? DC Health will come to you. Call **1-855-363-0333** to request a home visit. ERCV members have been very pleased both with this service and with the Ward 4 COVID Center.

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

Is it allergies or is it COVID?

AARP offers a [helpful article](#) on how to determine the difference between allergies and COVID-19. In the article, Panagis Galiatsatos, M.D., a physician in the Division of Pulmonary and Critical Care Medicine at Johns Hopkins Medicine, states, "If you have a fever and chills, that can indicate an infection, so you should definitely get a coronavirus test. The same goes if you lose

your sense of taste or smell.” Dr. Galiatsatos adds, “Most people with seasonal allergies know their symptoms. If it’s what you feel every year, it’s probably not COVID.” Call your doctor if you aren’t sure if your symptoms are related to allergies or something more serious.

Maintaining mental health:

Maintaining your mental health while you wait for test results is important. Certified clinicians are available 24/7 through the DC Department of Behavioral Health’s mental health hotline: **1-888-793-4357**.



ERCV PORTRAITS – Meet Nancy Foster



Dedicated ERCV member Nancy Foster has been surrounded by music her entire life. She grew up in southeastern Ohio, where her father was head of the music department at Muskingum College. Her parents bought her a cello while she was still in the womb! She started playing at age four, and by the time she was a teenager, she was the cellist in her parents’ Sunday afternoon chamber music sessions. When the time came for her to pursue higher education, she had her heart set on Oberlin College because of their music program, even though she did not plan to pursue a music career. Her high school principal called her into his office to inform her that “Oberlin is a communist institution!” She knew better, and happily enrolled.

While touring with the Oberlin Orchestra in her junior year, DC’s Lisner Auditorium was one concert stop. While in town, she had a fortuitous first date with a violist named Bill: dinner at the Water Gate Restaurant (in a spot near the future Kennedy Center). It didn’t occur to them then that they’d end up raising a family here!

In 1968, after Bill's graduate school years in Cleveland, they moved to DC when Bill was offered a position in the National Symphony. They already knew about Neighbors Inc. and sought out a home in Shepherd Park for that reason. Nancy got involved right away, and was the *Neighbors Ink* newsletter co-editor for several years. She gave that up when she became an early childhood teacher at Acorn Hill [Waldorf](#) Kindergarten and Nursery, which she discovered when searching for a school for her own children. Over the years, Nancy shifted into parent and child programs, then teacher training, book editing, and eventually school membership assessments for the [Waldorf Early Childhood Association of North America](#). She also managed to keep up her music, in chamber groups and orchestras, until a neck injury put an end to her cello playing in the mid-1980s.

Shortly after retiring, Nancy got involved in then-new ERCV. For a time she served on the Board of Directors, and she has been our newsletter editor almost since the beginning. She still enjoys that type of work and also loves to do counted cross stitch and walk the trails in Rock Creek Park. She thinks the Village is doing wonderful work in keeping people connected. She is committed to our mission and truly admires how hard our members and volunteers work to keep us growing.

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



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



~ Mayapples – Rock Creek Park ~

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 a confirmation email soon afterward. If you have questions, please call the office at **202-656-7322** or email info@eastrockcreekvillage.org.



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

VOLUNTEER TRAINING VIA ZOOM

- Do you know any recent retirees? 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; almost all driving requests are for weekdays between 9:00 am and 5:00 pm.
- **NOTE: This May 1 training is full, but if you are interested in becoming an ERCV volunteer, please contact info@eastrockcreekvillage.org to have a preliminary conversation and find out about upcoming trainings.**



Mondays, May 2, 9, 16, 23, & 30: 10:00 am (NOTE: earlier time)

ERCV MORNING WALKERS

- We will meet at 1312 Juniper St. NW and walk in the neighborhood unless the group prefers the track behind Walter Reed or the dirt path in Rock Creek Park.
- No reservation is necessary, but if you reply to [this email](#) on Monday by 9:30 am or call 202-656-7322 by 10:00 am 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, May 2, 9, 16, 23, & 30: 5:00 pm

ERCV AFTERNOON WALKERS

- The Monday afternoon walkers will meet at the Learmonths' at 1309 Floral St. NW. We may walk on the path in Rock Creek Park, avoiding steep downhill dirt trails, or on the track inside Walker Reed until the demolition chases us out, OR around the commercial and residential construction areas
- 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 5:00 pm Monday, she will wait for you to arrive before setting out.

Tuesdays, May 3, 10, 17, 24, & 31: 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. This exercise is suitable for almost anyone, with an easy-to-learn routine.
- 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, May 3, 10, 17, 24, & 31: 4:00-5:00 pm

StrongerMemory 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.
- Reserve your spot for our summer cohort by calling 202-656-7322, or email info@eastrockcreekvillage.org.

Fridays, May 6, 13, 20, & 27: 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](https://us02web.zoom.us/j/85628785908?pwd=Ylp1VzZ5dzBDUFA1aFRWMkVmalpNZZ09#success) 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.

Sunday, May 8

HAPPY MOTHER'S DAY!



Thursday, May 12, 3:00-4:00PM

SPRING FLOWER POWER BINGO



- Celebrate Springtime! Come play a few games and have fun with ERCV friends and neighbors. Wear something flowery or share something in the spirit of the season.
- Register [HERE](#) to get the Zoom link & reminders and then click [HERE](#) to get your 2 bingo cards, or contact the ERCV office for assistance at info@eastrockcreekvillage.org or 202-656-7322.
- New players should register early.

Sunday, May 15: 4:00-6:00 pm (Note updated time)

VOLUNTEER MEET & GREET BBQ COOKOUT

- Our newly-trained volunteers will have a chance to meet our long-timers while enjoying a festive backyard BBQ together. Whether you were more active before the pandemic or drove someone last week. . . we want YOU to be there.
- There will be food, drink, and a thank-you gift along with an opportunity to share ideas and identify next steps for ERCV's services and programs.
- Space is limited, so please register [HERE](#) or RSVP at info@eastrockcreekvillage.org or call **202-656-7322** to reserve your spot and receive the address for this event.



Thursday, May 19: 3:00-4:30 pm

ARMCHAIR TRAVEL SERIES: VIRTUAL DOCENT-LED ART TOUR, "YOU'VE GOT STYLE: AMERICAN ARTISTS, IDENTITY & SELF-EXPRESSION," SMITHSONIAN AMERICAN ART MUSEUM

- Nobel Prize winner Olga Tokarczuk once said, "In today's world everything is political. We are a statement – our clothes, haircut, the way we act." Whether or not you agree with her, artists have often taken as their subject how someone dresses as a means of communicating who they are and what they stand for.
- Join Smithsonian American Art Museum (SAAM) docent Melissa Clark on May 19 for a look at works from SAAM's collections exploring issues of identity and self-expression revealed by the way the artists' subjects present themselves to the world. We'll also discuss how we sometimes accentuate our own identity by our style choices.
- Register [HERE](#) to receive the zoom link and if registering on the day of the event, click "Join Online Meeting Now."



- If you have any difficulty,RSVP by email to info@eastrockcreekvillage.org or phone 202-656-7322.
- Photo credit: *Zoot Suit*, by Ignacio Gomez (2002), from SAAM collection.

Thursday, May 26; 1:00-2:30 pm

LUNCH BUNCH AT LOTUS CAFE

- Come enjoy lunch with friends on the patio at the Lotus Cafe, 8077 Georgia Ave, Silver Spring, MD 20910. When driving north on Georgia Ave, turn right on Sligo Ave. and then make a very quick right onto the access road.
- There is metered street parking and a small parking lot nearby with meters.
- Each person will order and pay for their own meal while enjoying time together.



- The Lotus Cafe is a delicious Vietnamese restaurant. Enjoy the \$8.99 lunch specials that include a choice of salad, Spring or Summer Rolls, or try a Vietnamese pho noodle soup while seated on a covered patio.
- Please **register** [HERE](#) or **RSVP** by email to info@eastrockcreekvillage.org or phone 202-656-7322 so we can save a seat for you and arrange a ride if needed.

Monday, May 30

MEMORIAL DAY



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

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

~ *Gulliver's Troubles: America, Ukraine, and the Road Ahead: Tuesday, May 3, 11:00 am* – Aaron David Miller, a CNN Global Affairs Analyst and the author of 5 books, discusses how US leadership in the world is strewn with major challenges, including a dysfunctional and fiercely polarized political system at home and the emergence of powers large and small that challenge U.S. influence and threaten its interests abroad. For details and to **register**, click [HERE](#). Offered by **Northwest Neighbors Village**.

~ *Film-Making with Nancy Breslin (Photographer/Writer): Thursday, May 5, 2:00 pm* – The artist will share her vision and creativity in one of her most recent ventures, talking about and demonstrating the various steps involved as the story moved from an idea to a script to drawn designs to actual sets and puppets with sounds and colors. Join us for this behind-the-scenes discussion to learn about film-making first-hand and view clips from her 8-minute short to be released this summer. Click [HERE](#) to read more about the artist. To **register** click [HERE](#). Offered by **Foggy Bottom West End Village**.

~ *LGBTQ Brain Health Support Group: Friday, May 6, and biweekly on Fridays, 1:00-2:15 pm* – Anyone in the LGBTQ+ community impacted by dementia (caregivers, self, partner past or current, or anyone close to you) is welcome. For more information or to **register**, email Samantha at shenson@capitolhillvillage.org or call 202-543-1778 x106. Offered by **Capitol Hill Village**.

~ *DC Grandparents Against COVID-19 Info Session: Wednesday, May 25, 3:00-4:00 pm* – Join DC Villages to learn about a new campaign by HelpAge USA, the US affiliate of an international organization dedicated to lifting the voices of older adults. You don't have to be a grandparent; anyone over 60 who is willing to speak to family, friends, or neighbors about vaccines is welcome. The program provides the tools you need to have the conversations. [DC Grandparents Against COVID-19](#) is a movement by grandparents united in encouraging loved ones of all ages to get vaccinated and boosted. **Register** [HERE](#). Offered by **Capitol Hill Village**.

~ *Fiona Hill on "Finding Opportunity in the 21st Century": Tuesday, May 31, 11:00 am-Noon* – Hill will discuss her book, in which she shares lessons learned, and explains that only by expanding opportunity can we save our democracy. To **register** click [HERE](#). Offered by **Chevy Chase At Home Village**.



. . . AND SOME COMMUNITY OPPORTUNITIES . . .

~ **Smithsonian National Museum of Asian Art's free 30-minute online meditations: Mondays, Wednesdays, & Fridays at Noon** – Led by DC-based meditation teachers, these free sessions are appropriate for all levels of practitioners and include a variety of mindfulness practices. Sessions on Fridays include inspiration from art in the museum collection. **Register** [HERE](#).

~ **Art & Vision with Nick Cruz Velleman, in Person, at Adas Israel Congregation: Mondays beginning May 2, 11:00 am-12:30 pm** – The senses are what connect us to the world and to the present moment, the only place where life is truly available. Through simple activities in drawing and painting we will give our minds a break, explore the wealth of sensation available to our vision, and exercise our creativity to make images that are parallel — not exact — to what we see. Activities will include still life, portraiture, masterwork studies, and gestural drawing, and will cover different media such as graphite, ink, pastels, and watercolor. For details and to **register**, click [HERE](#). Offered by **AroundTownDC**.

~ **Just Us at the National Gallery of Art: Monday, May 2, and weekly on Mondays, 2:00-3:15 pm** – Provides interactive, discussion-based experiences for people with memory loss and their care partners. For more information go to <https://www.nga.gov/calendar/guided-tours/just-us.html>. To **register**, please email access@nga.gov.

~ **Mother's Day Tea at Fort Stevens Senior Center: Thursday, May 5, 1:00-3:00 pm** – Celebrate and honor mothers over tea and other teatime goodies! Stories of love, lessons learned, and appreciation will be shared. Please bring your favorite teacup, a picture of the mother you are honoring, and your prettiest bonnet or hat. Call 202-541-3752 for more information. Fort Stevens Senior Center, 1327 Van Buren Street NW; there is a small parking lot and easy street parking.

~ **Woodworking at Chevy Chase Community Center: Thursdays beginning May 5, 2:00-4:00 pm** – “Apprentice” with experienced woodworker and craftsman Steve Ortado, as he teaches you some techniques and helps you with small projects you have always wanted to tackle. Your “fixit skills” will improve as you learn from a master preservationist and contractor. Steve can also help you identify a small project you can make during the class, such as a container, musical instrument, or table. Steve will also teach you how to use woodworking tools safely. Spaces are limited and masks are mandatory. For details and to **register**, click [HERE](#). Offered by **AroundTownDC**.

~ **Flower Mart, National Cathedral: Friday, May 6, 10:00 am-6:00 pm & Saturday, May 7, 10:00 am-5:00 pm** – After a two-year absence, the Flower Mart returns to the grounds of the

National Cathedral. Shop for plants and gifts, eat fun festival food, enjoy children's activities, ride our historic carousel, and take in the beauty of our International Floral Exhibit. The All Hallows Guild was founded in 1916 to protect and celebrate the beautiful gardens and grounds of the Washington National Cathedral. All Flower Mart proceeds benefit the upkeep of this treasured historic landscape. You can find detailed information [HERE](#).

~ **Around the World Embassy Tour: Saturday, May 7, 9:00 am-4:30 pm** – More than 50 embassies open their doors to visitors, allowing guests to pet alpacas, play with robots, learn indigenous dances, and more. The [Around the World Embassy Tour](#) is a free event, no tickets required. It is recommended that you take a face mask and a form of government-issued identification with you.

~ **European Union Open House: Saturday, May 14, 10:00 am-4:00 pm** – Visitors will enjoy the authentic music, dance, food, film, and art of 28 distinctive nations. Participants in the embassy open houses include Austria, Belgium, Bulgaria, Croatia, Cyprus, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Ireland, Italy, Latvia, Lithuania, Luxembourg, the Netherlands, Poland, Portugal, Romania, Slovakia, Slovenia, Spain, Sweden and EU Delegation. The [European Union Open House](#) is a free event, no tickets required. It is recommended that you take a form of government-issued identification with you.

~ **Takoma Park Yard Sales: Saturday, May 14, and Sunday, May 15** – After a pandemic hiatus, Takoma Park's (and Takoma DC's) community-wide yard/porch/garage/sidewalk/rummage sales are back! As a bonus, the **Takoma Flea Market** on Grant Ave (10:00 am-4:00 pm) and **Takoma Porch Concerts** (2:00-6:00 pm) will both be on **Saturday, May 14**. For more information, email tkpyardsales@gmail.com.

~ **Musical Mending Workshop with Melanie Edwards at St. Alban's: Wednesday, May 18, 12:45-2:00 pm** – Singer, songwriter, and musician Melanie Edwards will be conducting a workshop that helps with memory, cognition, expression, and general wellbeing. The classes focus on teaching techniques to manage grief, anxiety, depression, and isolation as we navigate these uncertain times. For details and to **register** to participate in the **virtual event**, click [HERE](#). If you plan to join the group **in person** at Nourse Hall at St. Alban's, please email Frances Bucien at fbucien@iona.org.

~ **Third Thursday End-of-Life Planning Series: Thursday, May 19, 3:00 pm** – Ronald Rivenburgh, Anatomical Curator at the US Uniformed Services of the Health Sciences, will talk about how your body can be put to good use after you no longer need it. He will share the steps that need to be taken beforehand. For details and to **register**, click [HERE](#). Offered by **AroundTownDC**.

-- 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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