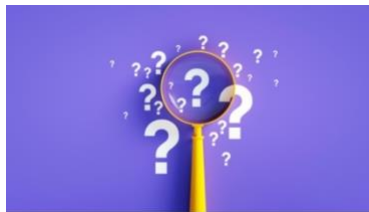




## ⚙ JUNE CALENDAR UPDATE ⚙

### DC VILLAGES ANNUAL SURVEY



### INQUIRING MINDS WANT TO KNOW!

Your thoughts and opinions about East Rock Creek Village are important and we hope you will share them with us through this [MEMBERSHIP SURVEY](#). By participating, you will help ERCV gain a deeper understanding of your experiences and satisfaction with our Village. **We hope that each member in your household will complete the survey.**

**Your responses will be confidential.** This survey is being conducted by an external evaluation partner, Sharp Insight LLC, for the 13 Villages in Washington, DC. Your data will be protected by their security policies and procedures. To protect your privacy, ERCV will receive a summary report in which all individual responses are grouped together – meaning no single individual will be identified in any reporting. We hope you will share your true thoughts and opinions.

We especially hope to hear from:

- members who have attended our online or in-person activities or chosen not to attend.
- those who have received volunteer services such as grocery deliveries, help with technology, rides to medical appointments or other assistance;

- and our Volunteers, especially drivers, and those who have helped plan or implement any of ERCV's educational, social, or health and wellness activities.

You may access the survey at this link:

[https://www.research.net/r/ERCV\\_2022\\_Member\\_Survey](https://www.research.net/r/ERCV_2022_Member_Survey)

The survey will be open through July 18th. We encourage you to take a few minutes NOW to participate.

If you have any questions, or prefer to respond through an interview with a volunteer, please contact the ERCV office at (202) 656-7322 or [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org)



## ELECTION INFORMATION

### DC PRIMARY ELECTION DAY IS TUESDAY, JUNE 21<sup>ST</sup>

The District of Columbia's June 21 primary election will determine which candidates appear on November's general election ballot for mayor, attorney general, members of the D.C. City Council, the D.C. delegate to Congress and other citywide offices. Washington, D.C., makes it easy to vote, with same-day voter registration and no-excuse mail-in ballots available to all registered voters.

Access your DC Voter Guide [HERE](#) for the information below + sample ballots.

### WAYS TO CAST YOUR BALLOT

- **Mail-in balloting:** All active registered voters have been sent a no-excuse mail-in ballot for the primary election. Mailed ballots MUST be postmarked by Election Day, Tuesday, June 21<sup>st</sup> and received at the Board of Elections no later than the 7<sup>th</sup> day after Election Day. Due to USPS delays, it is recommended that you vote and mail your ballot as soon as possible to make sure it arrives on time.
- **Early in-person voting:** You can cast your ballot early and in person at any Vote Center between 8:30am - 7:00pm through Sunday, June 19th.
- You may drop your voted mail-in-ballot in **ANY Ballot Drop Box at ANY time until 8:00 pm on Election Day, Tuesday, June 21, 2022.**
- **WARD 4 BALLOT DROP OFF SITES:** Hattie Holmes Wellness Center, 324 Kennedy Street, NW, Petworth Library, 4200 Kansas Ave, NW, Shepherd Park (Juanita E. Thornton) Library, 7420 Georgia Ave, NW, Fourth District Police Station, 6001 Georgia Ave, NW, Lamond Rec Center, 20 Tuckerman, NE, Takoma Park Neighborhood Library, 416 Cedar Street, NW.



- Note the photo: sites may have two drop boxes -- one for election ballots and one for COVID tests. Please take care to use the correct drop box!
- Use the city's Board of Elections' [online tracker](#) to check the status of your ballot

**VOTE CENTERS WILL BE OPEN ON ELECTION DAY,  
TUESDAY, JUNE 21<sup>ST</sup>  
FROM 7:00AM UNTIL 8:00PM**

**Ward 4 Vote Centers:**

- Fort Stevens Rec Center, 1327 Van Buren Street, NW
- Brightwood Education Center, 1300 Nicholson Street, NW
- Shepherd Park Elementary School, 7800 14<sup>th</sup> Street, NW
- Or click [HERE](#) to find more locations

If you have questions or need assistance, email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or phone 202-656-7322.



**DC Villages featured in Positive Aging SourceBook**

This is the first time the Positive Aging SourceBook has featured Villages in this way. DC Villages have been given this great opportunity to raise our visibility among older adults and senior service professionals in the Metro area.

You can enjoy the article

here: [https://www.retirementlivingsourcebook.com/images/DCMD22\\_CoverStory.pdf](https://www.retirementlivingsourcebook.com/images/DCMD22_CoverStory.pdf)

Here's a link to the entire publication: <https://www.retirementlivingsourcebook.com/mdvadc>

The Village People article can be found on pages 30-34.

To request a free copy of this edition of Positive Aging SourceBook, contact the ERCV office at 202-656-7322 or email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) A supply of books is expected to arrive soon.

## PLEASE JOIN US FOR JUNE EVENTS



~ Daisy Fleabane ~

There is a complete listing of all events on the [ERCV website](#).

**Please register online for ERCV events that are held in-person or on Zoom.** Click on the event title to see the registration page and to get more information. Click on the red registration button to provide your information. You will immediately receive a confirmation email with instructions, including the Zoom link for online programs and reminder emails prior to the event. Online event reminders will include a **Join Now** button for easy access. If you have questions, please call the office at **202-656-7322** or email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org).



**Fridays, June 17, & 24: 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](mailto:info@eastrockcreekvillage.org) with questions about Zoom and to receive reminder emails each week.

**Mondays, 20, & 27: 9:30 am**

### **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 call 202-656-7322 by 9:30 am, we will wait for you before we set out.
- Email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) if you would like to receive an email reminder on Sunday evening.

**Mondays, June 20, & 27: 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](mailto: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, June 21 & 28: 8:00-9:00am**  
**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](mailto:info@eastrockcreekvillage.org) or call 202-656-7322 for more information and the Zoom link.

**Thursday June 16: 3:00-4:30 pm**  
**STRONGER MEMORY BRAIN EXERCISE INFORMATION SESSION**



- You are invited to participate in a complimentary brain exercise program beginning soon for ERCV members, volunteers, and friends. This is the second StrongerMemory group for East Rock Creek Village. Learn more about it and get a chance to sample the exercises.
- [StrongerMemory by Goodwin House](#) is a curriculum designed to stimulate the brain's prefrontal cortex, which governs our ability to retrieve memories. Through consistent use of the three StrongerMemory exercises – doing simple math problems, writing by hand, and reading aloud for a total of just 20–30 minutes each day – StrongerMemory participants all

over the U.S. have noticed improvement in their ability to focus, find misplaced items, and remember conversations. Check out this [short introductory video](#).

- The ERCV StrongerMemory group participants will receive a program workbook and a writing notebook free of charge. The group will meet weekly for a Zoom check-in meeting to support doing the StrongerMemory exercises. The day and time of the check-in will be determined by the group members.
- StrongerMemory is open to anyone interested in practicing a regular program of brain exercise. It is appropriate for those with a diagnosis of mild cognitive impairment as well as those with no cognitive problems. Spouses and other caregivers are encouraged to take part along with participants who may need assistance doing the exercises and using Zoom.
- Click [HERE](#) to register for the introductory session. You don't have to sign in to register, just enter your name and email address. You will receive Zoom instructions in confirmation and reminder email messages. You can register even after the session has begun by clicking the link and then clicking Join OnLine Meeting.
- If you are on the wait list for the group you will be registered for the information session. Look for a Confirmation email message.
- If you cannot attend the introductory meeting or need help registering, please email [info@astrockcreekvillage.org](mailto:info@astrockcreekvillage.org) or phone 202-656-7322. Questions are welcome!

**Sunday, June 19**

**Click [HERE](#) for ways to celebrate Juneteenth in Washington, DC**



**Thursday, June 23: 3:00-4:30 pm**

**ARMCHAIR TRAVEL SERIES: “PAYING TRIBUTE: ARTISTS CELEBRATE AMERICA” – A VIRTUAL DOCENT-LED ART TOUR, SMITHSONIAN AMERICAN ART MUSEUM (SAAM)**



Summer brings holidays like Juneteenth and the Fourth of July and, for many Americans, the opportunity to celebrate personal and national milestones.

- Join SAAM docent Melissa Clark as we explore works of art that honor our nation's complex past and present by showing us commemorations of religious festivals, parts of our history, and celebrations of moments in time as a nation.

- As always, our conversation will be rewarding, informed by the many different perspectives our community members can offer.
- Register [HERE](#) to receive reminder notices, or register on June 23 to access the “Join Online Meeting Now” button.
- Email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or call 202-656-7322 for assistance.
- Photo Credit: “Fourth of July” by the artist A. Brockie Stevenson, Smithsonian American Art Museum (SAAM)

**Thursday, June 30: 1:00-2:30 pm**  
**LUNCH BUNCH AT PARKWAY DELI**

- Come enjoy lunch with friends on the back patio of the Parkway Deli, 8317 Grubb Rd., Silver Spring, MD 20910. Each person will order and pay for their own meal while enjoying time together.
- There is easy parking behind the restaurant near the back patio where we will be eating.
- Register [HERE](#) by noon on Wednesday, June 29, so we can save you a seat at the table! If you need a ride to lunch or have trouble getting registered, email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or call 202-656-7322.



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

**EVENTS OFFERED BY OUR SISTER VILLAGES**

(free & open to all Villages)

For more, visit **[DMVVillageEvents.org](http://DMVVillageEvents.org)**

**~ DC Villages Pride Celebration: Thursday, June 16, 6:00-8:00 pm** – The second annual DC Village event will include food and drink, socializing, trivia, and more. All are invited to attend at St. Matthew's Church (222 M St. SW, DC 20024). Twenty on-site parking spaces will be available; carpooling is encouraged. Our venue is located two blocks from the Waterfront Metro Station.

Register [HERE](#).

Offered by **Capitol Hill Village**.





## . . . AND SOME COMMUNITY OPPORTUNITIES . . .

~ ***Fires in the Mirror, Theater J: June 11 – 30, various times*** – Theater J presents Anna Deveare Smith's groundbreaking documentary play. Performed more than 30 years after the life-changing riots in Crown Heights, Brooklyn, this theatrical event offers a tour-de-force solo performance and a story that touches upon every American today, regardless of race, color, or beliefs. **15% VILLAGE DISCOUNT** (code VILLAGES). Tickets and more information [HERE](#) or at Box Office (202-777-3210).

~ ***Jazz in The Parks at Walter Reed on the Great Lawn: Saturday, June 18, 6:00-8:00 pm*** – The DC region's most acclaimed jazz musicians are returning to The Parks at Walter Reed this summer. Bring your neighbors and friends for the city's favorite laid-back summer evenings on the Great Lawn. FREE, all ages. **Presenting Akua Allrich:** She has proven herself to be a musician of extraordinary talent and crowd-moving passion with an evolving, fluid style. Her musical roots run deeply into blues, soul, and rhythm and blues, with a clear grounding in jazz and pan-African music.

- **Details:** If you see East Rock Creek Village's new 10-foot banner on the Great Lawn, come sit with ERCV friends and neighbors. Bring your own picnic, blanket and refreshments, and enjoy popular food trucks, including J&J Taqueria, Pepe (José Andrés' food truck), Capital Kettle Corn, and ice cream!
- **Location:** The Great Lawn is located at the center of the campus, 1010 Butternut Street NW. Enter from 16th St. NW, or from Georgia Ave. at Butternut St. NW, and follow Main Dr. around to the grassy area. Parking is very limited on the site, so walking or biking is recommended. Some street parking is available along Georgia Ave. and Butternut St. NW. The Parks at Walter Reed events are sponsored by **.Streetsense and Children's National Hospital:**

~ ***Afro-Atlantic Histories, National Gallery of Art: through July 17, 10:00 am-5:00 pm daily*** – The National Gallery of Art invites you to voyage through time in this new exhibit that aims to shed light on the complex histories of the African Diaspora. Take an in-depth look at the cultural formations and historical experiences of Black and African people since the 17<sup>th</sup> century. The exhibit offers more than 130 pieces of art, including photos, sculptures, paintings, and other media by artists from the Caribbean, Europe, Africa, and the Americans. Click [HERE](#) for more information or take a 2-minute online tour [HERE](#). **National Gallery of Art**, 6<sup>th</sup> & Constitution Ave.

~ ***7<sup>th</sup> Annual Journey to Hope – DC Conference for Alzheimer's Family Care Partners: Saturday, June 25, 12:30-5:30 pm*** – For schedule and session details click [HERE](#). To register, e-mail Juliet Smith at [jsmit470@jhmi.edu](mailto:jsmit470@jhmi.edu), call the Sibley Senior Association office at 202-364-7602, or register online [HERE](#) before June 13. The first 125 registrants will receive Dr. Steven Sabat's book *Alzheimer's Disease and Dementia: What Everyone Needs to Know*, and Dr. Neal Barnard's book, *Your Body in Balance*. Offered by **Sibley Memorial Hospital, Johns Hopkins Medicine**.

~ ***Bereavement Support Groups, 6-week programs and twice-monthly support group*** – [Widowed Persons Outreach](#) (WPO) offers both a twice-monthly ongoing support group and twice-yearly 6-week structured bereavement groups for persons who have been widowed for two years or less. Call 202-537-4942 for more information or see the calendar [HERE](#). WPO is sponsored by **Sibley**



**Memorial Hospital** and community partners.

~ **Go to AroundTownDC to find classes** in technology, art, dance, advance planning, fitness, improv, and much more. Create an account and look at the “In-Person Events” under “Upcoming Events,” or email [community@iona.org](mailto:community@iona.org) or call 202-459-9634. Sign up for the newsletter while you are there!



**“Like” us on [Facebook](#)**



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

Thanks!