

**JULY 2022**

**East Rock Creek Village — 202-656-7322**

**7707 13<sup>th</sup> St. NW, Washington, DC 20012**

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## **PRESIDENT'S CORNER**

### **A Port in Stormy Weather**



Many of us have become used to the storms that blow through our city with frequency and intensity. We cope with the vagaries of weather as best we can, realizing that we are luckier than so many communities in this country that are baking in the summer heat or beset by destructive winds; and we continue to guard ourselves against the ever-evolving variants of COVID-19.

At the same time, we are rocked by the political turmoil at our doorstep. Whether we pay greatest attention to Congressional hearings revealing how close we came to disaster a year and a half ago, or to the Supreme Court redefining our rights, liberties, and its own place in our lives, or the promise of further threats to our republic, we cannot help but feel the storms roiling about us.

This month we celebrate our Declaration of Independence with parades, picnics, and fireworks. While that document launched our nation 246 years ago, these days I find myself thinking about the Constitution, created eleven years later. It created a framework for self-government, ratified by the states, to “. . . establish Justice, insure domestic Tranquility, . . . promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity . . . .” In spite of the many imperfections of our Union and cruelties in our history, most of us have long assumed that that framework was resilient and proof against all storms and bad actors. Many of us are learning now how dependent it has always been on our willingness to respect one another and stand up for “a more perfect Union” – especially in stormy weather.

East Rock Creek Village can be a port for you amid those storms. We are neighbors helping neighbors in our local communities to continue to learn, grow, and thrive. We are volunteered, and we're here for you.

We could use your help so ERCV itself can continue to learn and grow. Please respond to the DC Villages' 2<sup>nd</sup> annual survey [before the July 18<sup>th</sup> deadline](#). The survey should take about 15 minutes and may be completed [online](#) or on the phone with a volunteer interviewer. Call us at 202-656-7322 if you would like to take the survey by phone. Let us know what's working well and what could be even better.

This month, ERCV is pleased to be launching a second cohort in its 12-week **StrongerMemory program**. That class is filled, but if you are interested you can register for our third group, planned for the fall. In addition, we have events on offer every Thursday in July. First, everyone is welcome to attend our **Zoom Open House** on Thursday, July 7<sup>th</sup>, a safe space to share thoughts about what's happening in our stormy world. The following Thursday, July 14<sup>th</sup>, will feature a fun-filled **online bingo** celebration of summertime. The **Armchair Travel** art tour that was postponed in June (since so many of us were watching the January 6<sup>th</sup> Committee hearings) will be held on Thursday, July 21<sup>st</sup>. Since we expect it to be too hot for our Lunch Bunch to meet outside this month, ERCV will offer an online **Lunch & Learn** program on Thursday, July 28<sup>th</sup>. More on all these events below.

Summer may have just begun, but we are already looking forward to cooler days ahead. Plan on joining fellow Villagers on Sunday afternoon, October 2<sup>nd</sup>, for a **picnic in Rock Creek Park**. ERCV has reserved an accessible site for a COVID-safe gathering. Let us know by email or phone if you want to [help with the party or are interested in other volunteer activities](#). Remember, in every season, in weather fair or foul, East Rock Creek Village is here for you. Hope to see you soon.

– David Mackoff



## SPOTLIGHT: 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 by Monday, July 18th.**

**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).



## USEFUL INFORMATION . . .

### **COVID Update:**

COVID-19 infections are on the rise again in DC. The Centers for Disease Control (CDC) recommends 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. Even your grandchildren, 6 months to 4 years old, are now eligible to be vaccinated, and booster doses are available for children 5-11 years old and older.

**Need a booster?** The **Ward 4 COVID Center at 4704 13<sup>th</sup> 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](mailto:info@eastrockcreekvillage.org) or call us at 202-656-7322 to arrange delivery or request a ride.

For more detailed information about COVID tests, click [HERE](#).



### **Help for DC homeowners who fell behind:**

From Councilmember Janeese Lewis George: “This week, the \$50 million DC received in federal relief funds finally were made available for DC homeowners who fell behind during the pandemic. This program can cover up to \$120,000 per eligible household in [mortgage payments and other expenses](#), such as housing association fees, condo fees, co-op fees, property taxes, utilities, internet bills, and more. To be [eligible](#), you must be a DC homeowner with your home serving as your primary residence since June 2021, must have fallen behind on housing or utility expenses, must fall within the income guidelines, and must have experienced financial hardship during the pandemic. The program is very broad in its benefits and inclusive in its eligibility, so please don't hesitate to apply if these funds could support you. And please help spread the word about this program to any DC resident you know who may need it. It is essential that we help our neighbors overcome the financial impact of the pandemic, which had a devastating impact on some in our community. It would be unconscionable for anyone to risk having their home foreclosed on when help is readily available. **To learn more or apply for these essential funds, visit [haf.dc.gov](http://haf.dc.gov).**”

**Ward 4 Council Office:** Call **202-724-8052** for constituent service requests or fill out the [constituent services form](#) on our website. And remember to follow Councilmember Lewis George's pages on [Facebook](#), [Twitter](#), or [Instagram](#) for important updates on Ward 4 and the DC Council.



### **Staying cool with summer streaming:**

Check out [KANOPY](#) — DC Public Library's streaming site. You can watch up to 10 films per month and watch up to three series of The Great Courses. You can register [HERE](#) for a Kanopy account with your DC library card.



## **Eat local & healthy:**

Ward 4 Farmers Market are open Saturdays from 9:00am-1:00pm:

- [Uptown Farmers Market](#) at 5501 Colorado Ave. NW
- [Petworth Community Market](#) at 9th & Upshur NW



## **DC VILLAGES FEATURED IN Positive Aging SourceBook**



The *Positive Aging SourceBook* highlights the benefits of being a Village member, with an excellent cover story complete with quotes from ERCV Board President David Mackoff and photos of many of our members. You can enjoy the article [HERE](#).

Click [HERE](#) for the entire *Positive Aging SourceBook* publication. The “Village People” article can be found on pages 30-34. To request a free copy of this edition, contact the ERCV office at 202-656-7322 or email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org).



## **ERCV PORTRAITS is on vacation this month!**

Please let us know if you would like to be interviewed for an ERCV newsletter “Portrait” or suggest another member.



## PLEASE JOIN US FOR ERCV's JULY EVENTS —

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



— spotted wintergreen, Rock Creek Park —

*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, July 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](mailto: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.) Meeting ID is 8562 878 5908 and passcode is 618672.

Mondays, July 4, 11, 18, & 25: 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, July 4, 11, 18, & 25: 6:00 pm (Note later time.)

**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 6:00 pm Monday, she will wait for you to arrive before setting out.

Tuesdays, July 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. 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.

Tuesdays, July 5, 12, 19, & 26: 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.
- The summer StrongerMemory group cohort is now FULL and is closed to new participants.
- Reserve your spot for our fall cohort by calling 202-656-7322 or email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org).





Thursday, July 7: 3:00-4:00 pm

**OPEN HOUSE VIA ZOOM**

- So much has been happening around us — January 6<sup>th</sup> insurrection hearings, Supreme Court rulings, midterm elections, COVID variants, monkeypox! How are you doing?
- Let's get together (in a COVID-safe way) via Zoom to share our thoughts, concerns, and perhaps ways to make a difference during these turbulent times. How are you reacting to these happenings? Have you experienced other periods in your life with similar unsettling events?
- This will be an informal chat among friends and neighbors. It's also a chance to just say "hello" and check in.
- Register [HERE](#) to receive the Zoom link or phone number to call in.

Thursday, July 14: 3:00-4:00 pm

**SUMMERTIME RED, WHITE, & BINGO!**

- On Bastille Day, we will belatedly celebrate the 4<sup>th</sup> of July holiday and welcome summertime with ERCV friends and neighbors! Pour yourself a cool drink and wear red, white, & blue.
- Register [HERE](#) to get the Zoom link and reminders, and then click [HERE](#) to get your 2 bingo cards; or contact the ERCV office for assistance at [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or 202-656-7322.
- New players should register early.



Thursday, July 21: 3:00-4:30 pm (postponed from June 23)

**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 July 21 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, July 28: 12:30-2:00 pm

#### **LUNCH & LEARN: MONEY SMART FOR OLDER ADULTS**

- It’s way too hot this month for our Lunch Bunch to eat outside, and due to lingering COVID, we’re not quite ready to take groups indoors, so instead we are launching Lunch & Learn online!
- Fix yourself a favorite sandwich or snack, pour a cool drink, and go on Zoom to join us.
- **Idriys J. Abdullah**, Consumer Protection Advocate with the DC Department of Insurance, Securities and Banking (DISB) will be our guest speaker. He will provide a presentation on how to recognize and reduce the risk of elder financial exploitation.
- Anyone can be the victim of financial exploitation, but elders may be particularly vulnerable. Please let us know if there are other topics of interest.
- Register [HERE](#).

**SAVE THE DATE: Sunday, October 2: 3:00-6:00 pm**

#### **ERCV COMMUNITY PICNIC, ROCK CREEK PARK**

- Carter Baron Picnic Site #24 – stay tuned for updates and details!
- Want to volunteer to help with this event? Please email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org).



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

Villages in the DC area work closely together. We share resources and invite each other to participate in our larger programs. Below is a sampling of programs we have been invited to attend by other DC Villages. For more, visit [DMVVillageEvents.org](http://DMVVillageEvents.org)

~ **Summer Health with Dr. Janson: Osteoporosis – What It Is & What We Can Do about It:**  
**Tuesday, July 12, 2:30-3:30 pm** – The bad news: On average we lose 1% of bone density each

year after age 35! The good news: There are exercises and other activities that can keep your bones strong. Join Dr. Janson for an overview of osteoporosis and how nutrition and exercise can play a role in bone health. There will be a demonstration of specific exercises and posture corrections that are especially beneficial in the treatment of osteoporosis. The session will use therabands and/or light weights. Dr. Sophia Janson has almost 30 years of experience as a physical therapist. She is board certified in Geriatric Physical Therapy. The majority of her clinical experience is in home health care, which includes home safety assessments and fall prevention instruction. She is a clinical instructor for physical therapy with George Washington University. To **register**, click [HERE](#). Offered by **Foggy Bottom West End Village**.



## . . . AND OTHER COMMUNITY OPPORTUNITIES . . .

~ ***Re-enactment of Frederick Douglass' 4<sup>th</sup> of July Speech (National Park Service): Monday, July 4, 11:00 am-2:00 pm*** – Join the National Park Service for a re-enactment of Frederick Douglass' famous 4<sup>th</sup> of July Speech by actor Nathan Richardson, followed by other activities. All events will be held at Anacostia Park (1500 Anacostia Dr. SE) next to the Skating Pavilion. For more information, please click [HERE](#).

~ ***4<sup>th</sup> of July Independence Day Celebration at the Soldiers Home: Monday, July 4, 4:30-9:00 pm*** – Friends of the Soldiers Home will host their 10<sup>th</sup> annual [Independence Day Celebration](#) at the Soldiers Home. Come with your family to enjoy food, music, community fun, and a great view of the National Mall Fireworks. Enter at the lower gate on Randolph Rd. and Rock Creek Church Rd.

~ ***The Bridge that Carried Us Over (Katzen Arts Center Tour): Friday, July 8, 11:00 am-1:00 pm*** – This show explores the mechanisms by which the transfer of intergenerational wealth, land, and historical memory have been denied to the African diaspora in the United States. It offers an in-depth look at the historic Black River Road community, which thrived two miles from the American University Museum from emancipation through its violent displacement in the mid-twentieth century. The exhibition combines archival images and research with community heirlooms, firsthand oral histories, and funerary objects rescued from the Moses African Cemetery. The exhibition aims to elucidate one instance of the systemic structural denial of communal wealth in all its forms to Black people in the United States, and to provide concrete, place-based, and community-led proposals for reparations. Katzen Arts Center is located at Massachusetts and Nebraska Ave. NW. Meet in the lobby of the museum area. Masks must be worn in the museum. For details and to register, click [HERE](#). Offered by **Iona AroundTownDC**.

~ ***Celebrate the 147<sup>th</sup> anniversary of Mary McLeod Bethune's Birth (National Park Service): Monday, July 10, 4:00-6:30 pm*** – Join us at Lincoln Park (intersection of East Capitol St. & 11th St. NE) in front of the Mary McLeod Bethune Memorial. Among the speakers is Ms. Nilda Comas, the Master Sculptor of the statue of Mrs. Bethune that will represent the State of

Florida in National Statuary Hall at the United States Capitol. There will also be a concert by the Chris Sylvester Quintet. In the event of rain, the program will be held at the Lincoln Park United Methodist Church (1301 North Carolina Ave. NE).

**~ *Walking Tour with Jane Khoury: White House and Lafayette Square: Tuesday, July 12, 10:00 am-12:00 pm*** – Join Jane Khoury, a Certified Guild Guide who will lead the group on a tour of the outside of the White House and Lafayette Square. Meet at the Metro Center, 13th and G St. Exit. For details and to **register**, click [HERE](#). Offered by **Iona AroundTownDC**.

**~ *Mary McLeod Bethune Bus Tour (National Park Service): Tuesday, July 12, 10:00 am-1:00 pm*** – Join us for an exciting bus tour of "Mrs. Bethune's Washington". Visitors will learn about Mrs. Bethune's life and influence in Washington DC on this ranger-led bus tour. The tours will begin at the National Council of Negro Women, Inc. (NCNW) Headquarters, 633 Pennsylvania Ave. NW. **Reservations** are required. Email reservation requests to [BethuneNHS@nps.gov](mailto:BethuneNHS@nps.gov). (Due to COVID restrictions tours are limited to 60 people or 30 per bus.)

**~ *Mary McLeod Bethune Birthday House Tours (National Park Service): Wednesday, July 13, every half hour from 9:30 am-4:00 pm*** – The Mary McLeod Bethune Council House NHS (1318 Vermont Ave. NW) will be open to the public for tours beginning on the half hour from 9:30 am to 4:00 pm (**no tours will be offered from 12 noon to 1:00 pm**), **with a limit of 10 people per tour, first come, first served**.

**~ *Complimentary Online Courses, The Osher Lifelong Learning Institute at American University (OLLI): July 11-15*** – OLLI offers a unique opportunity to continue learning at the university level. AU's 2022 "July Shorts" series for seniors offers complimentary courses to Neighborhood Villages (including ERCV) in the Washington area.

**Each online short course runs for 2-5 days during the week of July 11-15 and meets at the same time each day.** Participants may register for up to three courses. The deadline to register for July courses is 8:00 AM on Wednesday, July 6. View courses and register [HERE: https://www.olli-dc.org/senior\\_living\\_center\\_registration\\_july\\_2022](https://www.olli-dc.org/senior_living_center_registration_july_2022). If you would like assistance to register or need help using Zoom, please contact ERCV at [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or 202-656-7322

You must register for each class you want to attend. The registration form asks you to enter your name, affiliated Village (East Rock Creek Village), email address, and class selections. Each class will take place over Zoom. You will be e-mailed a Zoom link each morning that your class(es) meet. The Zoom link for each class is recurring, meaning that it will be the same link each time.

**~ *Accessibility Services for People who are Blind or Low Vision: Wednesday, July 20, 3:00-4:00 pm*** – Kathy Gosselin will talk about services that the library offers for those who are blind, low vision, DeafBlind, or print disabled. She will review programs that people can use to read using a phone, computer, Mobile App, or Amazon Echo device. This program will be available on

Zoom and will be a conversation. For more information and to register, click [HERE](#). Offered by DC Public Library Center for Accessibility.

**For more information on upcoming programs and events online or in your community, please click the links below.**

AARP Movies for Grownups – Click [here](#).

Arena Stage – Click [here](#).

AroundTownDC – Click [here](#).

French Embassy Cultural Services – Click [here](#).

Hillwood Estate, Museum, and Gardens – Click [here](#).

The Kennedy Center – Click [here](#).

National Cathedral – Click [here](#).

Politics and Prose – Click [here](#).

Smithsonian Associates Streaming – Click [here](#).

*-- Our thanks to Shelley Moskowitz, ERCV member and consultant, for compiling events for the calendar.*

ERCV Newsletter Editor: Nancy Foster [nfoster14thst@gmail.com](mailto:nfoster14thst@gmail.com)

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

Thanks!