



## JULY 2022 VILLAGE VOICE UPDATE



### HAVE YOU TAKEN OUR [MEMBERSHIP SURVEY](https://www.research.net/r/ERCV_2022_Member_Survey) YET?

Access the survey at this link:

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

Your thoughts and opinions about East Rock Creek Village are important, and we hope you will share them with us through this [MEMBERSHIP SURVEY](https://www.research.net/r/ERCV_2022_Member_Survey). By participating, you will help ERCV gain a deeper understanding of your experiences and satisfaction with our Village. **We invite each member of your household to complete the survey by Monday, July 18th.**

Thanks to everyone who has already taken the survey. If you haven't done it yet, 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).** Thanks!

## COVID-19 Update

The most dominant and highly transmissible COVID-19 strain in the U.S. is now the BA.4 and BA.5 omicron variants. The virus affects different people in different ways. People who are Infected or reinfected have had a wide range of symptoms reported – from mild symptoms to

severe illness.

Symptoms may appear 2-14 days after exposure to the virus. People who have these symptoms may have COVID-19: Fever or chills, Cough, Shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea

Please stay home and self-quarantine until you are free of fever and any other symptoms for at least 24 hours and without the use of fever-reducing or other symptom-altering medications.

Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately: trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

The Centers for Disease Control (CDC) recommends a second booster dose for individuals 50 years and older, as well as for certain individuals who are immunocompromised and at higher risk for severe COVID-19. Your grandchildren, 6 months to 4 years old, are now eligible to be vaccinated, and booster doses are available for children 5-17 years old.

**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 easy 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 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 or to get a COVID test? **DC Health will come to you. Call 1-855-363-0333 to request a home visit.** As of July 13<sup>th</sup>, those in D.C. who are homebound now also have access to in-home COVID-19 testing services with a registered nurse. At the time of the appointment a registered nurse will arrive at the resident's home with both PCR and rapid-antigen testing options and assist with the testing process. Appointments will be available Monday through Saturday however the program will not be able to facilitate same day appointments.

Wondering if you will need a fourth coronavirus vaccine? Expect an additional booster shot [specifically targeting the omicron variant](#) to roll out this fall.

Don't forget that 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.



## 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 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 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 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 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 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 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).

**. . . AND OTHER COMMUNITY OPPORTUNITIES . .**

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~ ***The Commemoration of the Battle of Fort Stevens, Saturday, July 16, 10:00-2:00pm***, The commemoration of the Battle of Fort Stevens – a free public event – is held annually on a Saturday near the dates of the battle that occurred July 11-12, 1864. This was the only Civil War Battle that took place in the Nation's Capital and the only time in the nation's history that a sitting President (Lincoln) came under direct enemy fire.

This year's event – sponsored by the National Park Service and Alliance to Preserve the Civil War Defense of Washington – will focus on *Women in the Civil War Defenses of Washington*. **The opening ceremony will begin in the main shaded tent at 10 am, followed into the afternoon by programs that include military and civilian reenactors, and many historical figures** like Clara Barton, Angelina Grimke, Elizabeth Keckley, Elizabeth Thomas, Lew Wallace, and many others in period dress. Plus, **speakers, children's activities, and live authentic music**. There will also be **food/drink trucks & bathrooms on site, and a cooling space (in the Emory building)**.

~ ***Jazz in The Parks on the Great Lawn, The Parks at Walter Reed, 1010 Butternut Street, NW, Saturday, July 16, 5:00-8:00pm*** -- Presenting Saxophonist Brent Birkhead who is an award-winning artist whose aesthetic is an intersectional amalgam of traditional and popular styles. Unbound by genre, Birkhead's approach to woodwind artistry is driven by his compulsion for creative risk and deep respect for legacy. There is some, but limited parking. Walking or biking is recommended. FREE. Click on the link to [RSVP](#) and get more details. Phone the ERCV office at (202) 656-7322 if you want to arrange to meet up with other ERCV-ers at the event.

~ ***Evening of Jazz, Shepherd Park Field, 7800 14th Street, NW, Thursday, July 21, 6:30pm-8:30pm*** -- Bring your family, friends, chairs, blankets, and snacks for an evening of Jazz!

~ ***Free Paint Recycling Drop-Off & Giveaway Event, Ida B. Wells Middle School, 405 Sheridan Street NW, Saturday, July 23, 9:00am – 1:00pm*** -- Free paint recycling drop-off and giveaway event for households and businesses. Space is limited. Registration is required. Click [HERE](#) to register. *Paint in good condition will be made available to the public for free.*

**WHAT PRODUCTS & QUANTITIES CAN YOU BRING?** Households may bring any amount of paint, stain, and varnish.

**ACCEPTABLE:**

*Paint must be in sealed, original container with original manufacturer label.*

*This event is for the following products only:*

- House paint and primers (latex or oil-based)
- Stains
- Deck and concrete sealers
- Clear finishes (e.g., varnishes, shellac)

## CAN'T ACCEPT:

- No leaking, unlabeled or empty containers
- No aerosol spray paints
- No drums or containers larger than 5 gallons

Other hazardous waste or chemicals, such as paint thinner, solvents, motor oil, spackle, glue, adhesive, roofing tar, pesticides, cleaning chemicals cannot be accepted.

**~ Voter Education and Registration Drive, DC Vote, Petworth Neighborhood Library, 4200 Kansas Ave, NW, Thursday, July 28, 5:00-7:30pm --** The Petworth Neighborhood Library is pleased to partner with the DC Board of Elections to offer a community event for DC residents. Join us for a timely voter education and registration drive just ahead of the November 2022 mayoral election. Stop by the library at any time between the designated hours. An [RSVP is preferred](#) but not required.

Our thanks to the DC Department of Aging and Community Living (DACL)  
and The Washington Home for their generous support.



## SUPPORT ERCV WHEN YOU SHOP AMAZON

ERCV is registered with AmazonSmile Foundation. If you register us as your charity and bookmark the following link, all your eligible shopping will benefit us:

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

Thanks!