

AUGUST 2022

East Rock Creek Village — 202-656-7322

7707 13th St. NW, Washington, DC 20012

info@eastrockcreekvillage.org—www.eastrockcreekvillage.org



PRESIDENT'S CORNER

Staying Calm, Cool, and Connected



I have never been fond of hot, humid summers. Still, I am truly grateful to live in an era of air conditioning. Each sultry summer I silently thank the scientists and engineers who made that technological blessing possible, from Benjamin Franklin in the 18th century to Willis Carrier in the 20th. Please remember that heat can sneak up on you, so keep yourself cool as cucumbers, try the refreshing watermelon gazpacho recipe at the end of this newsletter, and let the ERCV office know if you need anything.

As the Dog Days of Summer wag their collective tail, things are relatively quiet. Coronavirus infection rates in DC are high, but we have learned how to take care of ourselves. This is actually a good time of year to explore new interests and activities. Are you newly retired and looking for ways to give back to the community? Do you have skills, abilities, or interests you would like to share – or something you would like to learn? Please let us know! Remember, ERCV is volunteer-run and managed. We are always looking for fresh ideas and energy and lots of helping hands. Get trained to be a volunteer driver. Help someone learn to use a smart phone. Help declutter a room or just change a neighbor's light bulb. We also need more behind-the-scenes volunteer leaders, whether to help with this newsletter, join in planning our October 2nd picnic in Rock Creek Park, or serve on our Board of Directors. Think about the possibilities. Even an hour or two each month can make a difference in your life and in the lives of your neighbors.

No matter how hot the summer gets, always know that ERCV is here, offering you help if you need it, a calendar filled with activities, and opportunities to learn, grow, and connect.

– David Mackoff

Thank you to our wonderful volunteers for all you do!

Between January 1 and June 30, 2022, ERCV volunteers filled 200 service requests and organized 142 health, wellness, educational, and social activities. Find out how YOU can become an ERCV volunteer! Email info@eastrockcreekvillage.org to explore the possibilities.



SPOTLIGHT: HEALTH UPDATES

COVID-19 resources:

Latest news: The Biden administration plans to offer COVID booster shots in September. These will be new Pfizer and Moderna vaccines reformulated to perform better against the now-dominant and extremely contagious [omicron subvariants BA.4 and BA.5](#). Those currently eligible for boosters should consult their health providers as to when to get their shots.

What should you do if you test positive? Stay home and self-quarantine until you are free of fever and any other symptoms for at least 24 hours without the use of fever-reducing or other symptom-altering medications. The [Centers for Disease Control \(CDC\)](#) recommends 5 days in isolation and 5 days well-masked around others.

Paxlovid is the latest [COVID-19](#) treatment in the news. It is an oral antiviral pill that can be taken at home to help high-risk patients recover without hospitalization. Consult your health care provider to determine if Paxlovid is recommended. This medicine must be taken within the first five days of developing symptoms. For more information, click [HERE](#).

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 easy one-stop access to FREE vaccinations, boosters, take-home rapid antigen tests, PCR tests, and KN95 masks. 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. Appointments are available Monday through Saturday. Please note that same-day appointments are not available.

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 or call us at 202-656-7322 to arrange delivery or request a ride.

At-home COVID-19 test kit expiration date extension:



On July 8, 2022, the FDA granted another three-month shelf-life extension for the iHealth COVID-19 Antigen Rapid Test, which extended the shelf-life of all iHealth tests from 6 months to 12 months. Please click [here](#) to use the tool to check the most updated expiration date of your kit.

Monkeypox update:

Mayor Bowser has released a statement about the current monkeypox outbreak, which includes information about how it is spread, who is most at risk, and how to register for a monkeypox vaccine if you are in a high-risk category. [Click here to read her statement](#). For more information on monkeypox from the CDC, click [here](#).



USEFUL INFORMATION . . .

Modified trash and recycling collection hours between July 31 and Sept. 3:

The Department of Public Works, Solid Waste Collection Division (SWCD) crews will begin trash and recycling collections one hour earlier – 6:00 am weekdays – starting Sunday, July 31, and ending Saturday, September 3. By starting at 6:00 am, crews will be able to complete much of their work before temperatures and air quality are at their worst. Residents may place their trash and recyclables out for pick-up starting at 6:00 pm the night before their scheduled collection, so they do not have to change their morning schedules to make sure these materials are collected. As a reminder, you can call 311 to report a missed trash collection.

Recycle your leftover paint:

Do you have old paint sitting around? There are nine sites in the District where households and businesses can recycle unwanted paint, stain, and varnish all year round. Find a drop-off location near you: www.paintcare.org/drop-off-sites

It is HOT in the city!

DC's Heat Emergency Plan goes into effect when the temperature or heat index reaches 95 degrees Fahrenheit. [The Heat Emergency Plan website](#) includes a map of cooling centers around the city, and an alert at the top will indicate whether there is currently a heat emergency in effect.

Dial 988 to talk to someone:



Since beginning on July 16, the new national mental health crisis number 988 will connect anonymous callers or texters to trained counselors based at local crisis centers. DC has [one local center](#), the Department of Behavioral Health, which can then connect people to many more local [community-based service providers](#). There are also nearby centers in MD and VA. The Lifeline is available to Spanish speakers and to the Deaf and Hard-of-Hearing communities.



HELPFUL RESOURCES . . .

Alzheimer's - Guide for Caregivers:

Click [here](#) to access *A Crisis Guide for Caregivers of Seniors with Alzheimer's or Other Dementia*. Alzheimer's disease and other forms of dementia have physical and [psychological effects](#) that can make it difficult for seniors to maintain their independence. If you have a loved one with one of these diseases, it's important to understand the changes that can occur. This guide covers the most common crisis situations and offers tips for preventing them. It also explains what to do if one of these crises occurs, and provides some resources to help you navigate the complexities of caring for someone with Alzheimer's disease or dementia.

Upcoming and recorded webinars from Positive Aging:

Click [here](#) to access complete information about Positive Aging's wealth of webinars, both upcoming and recorded. Topics include : [Solution for Stress Reduction](#); [Understanding Your Choices in Healthcare](#); [Downsizing Made Easy](#); [Older Drivers](#); [Solo Aging](#); [Brain Health Begins in the Kitchen: Cooking Classes](#); [The Essentials of Estate Planning and Elder Law](#); and many more.

Positive Aging Sourcebook:

ERCV and the DC Village Movement were recently spotlighted in [The Positive Aging Sourcebook](#). It's the leading resource for senior housing, aging in place, and professional resources. Read the complete article and see photos of ERCV members at recent events.



ERCV PORTRAITS – Meet Carolivia Herron



Carolivia Herron has many titles: activist, academic, writer, teacher, radio host, caregiver, and more. Born and raised in DC, she left in 1967 after helping to “shut down” Howard University in a protest alongside Stokely Carmichael in the early days of the Black Power movement. She completed her education in the Philadelphia area, earning a PhD. She then went on to teach Comparative Literature and African-American Studies at Harvard, Mt. Holyoke, and eventually Chico State (California) University. Along the way, as a Fulbright fellow she lived and worked in Mexico, Congo, and Zaire. Part of her work was to develop a much-needed book publishing and distribution network in Africa. She was comfortably settled with a tenured position at Chico State, when she saw a colleague grieve the loss of her parents and realized that she belonged back here in DC. So in 1999 Carolivia returned home to care for her own aging parents.

Carolivia has written seven books, including some for children, as well as an opera, “Let Freedom Sing,” about Marian Anderson. The book that has taken most of her life to write, *Asenath and our Song of Songs*, will be published this fall, and just this year she was awarded one of seven writer positions in Theater J’s “Expanding the Canon” program. She is working on a play about her ancestors and how their paths crossed in 1850s Virginia.

Last year Carolivia was thrilled to discover that she is a descendent of Mary Ann Lumpkin, an enslaved woman who liberated an infamous slave jail and helped to transform it into Virginia Union University, one of the nation’s first HBCUs. Her interest in genealogy has also led her to seek a way to memorialize relatives who were buried at the recently desecrated Harmony Cemetery.

Not surprisingly, COVID didn’t slow Carolivia down one bit! She says she still doesn’t know what isolation feels like. In addition to everything she was already doing, she worked to help families with home schooling. Carolivia’s energy seems to draw people in, and it is a running joke in her family that if she were dropped in the middle of the Sahara Desert, a crowd would form within

15 minutes! She does gather listeners every Tuesday, on her Epic City radio show on WOWD, where she discusses local writers and their books.

Carolivia joined ERCV for her mother Georgia and says that grocery deliveries during the pandemic were a godsend. She now realizes that it's a great resource for herself too! She especially enjoyed the recent trip to Glenstone museum, and looks forward to joining in for lunches and other events.

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



PLEASE JOIN US FOR ERCV's AUGUST EVENTS —



~ Clethra in a Shepherd Park garden ~

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 Meeting Now** button for easy access. If you have questions, please call the office at **202-656-7322** or email info@eastrockcreekvillage.org.



Mondays, August 1, 8, 15, 22, & 29: 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 if you would like to receive an email reminder on Sunday evening.

Mondays, August 1, 8, 15, 22, & 29: 6:00 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 6:00 pm Monday, she will wait for you to arrive before setting out.

Tuesdays, August 2, 9, 16, 23, & 30: 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, August 2, 9, 16, 23, & 30: 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.

Thursday, August 4: 3:00-4:30 pm

OPEN HOUSE VIA ZOOM

- Our Zoom Open House last month was a great success, with wonderful participants and great conversations about the topics of the day. There is still so much to discuss and share. What's on your mind? How are you doing? This will be an informal chat among friends and neighbors. It's also a chance to just say "Hi."

- Register [HERE](#) to receive the Zoom link or phone number to call in.

Fridays, August 5, 12, 19, & 26: 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.) Meeting ID is 8562 878 5908 and passcode is 618672.

Thursday, August 11: 3:00-4:00 pm

BIRTHDAY PARTY BINGO!

- We can't always get together for birthday parties, but we can play Happy Birthday Bingo! It doesn't matter whether you were born in the summer, winter, spring, or fall. We are glad you're here...and that's a perfect reason to celebrate! Pour yourself a cool refreshing drink and join friends and neighbors for some fun.
- 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 or 202-656-7322.
- New players should register early.

Thursday, August 18: 3:00-4:30 pm

ARMCHAIR TRAVEL: ARTIST TO ARTIST IN THE 20TH CENTURY



- We often think of artists working in solitary settings with only their muse for inspiration. But in fact, many artists find inspiration, support, and learning in the company of other artists.
- Join Smithsonian American Art Museum (SAAM) Docent Melissa Clark for an engaging discussion of works by eight pairs of artists whose lives intersected at creatively critical moments.
- This presentation is based on SAAM's Artist to Artist exhibit on view now through September 3, 2023. (*Photo of "Les Fetiches," Lois Mallou Jones (1938), provided by SAAM.*)

- Register [HERE](#).

Thursday, August 25: 3:00-4:30 pm

LATE LUNCH & LEARN: MONEY SMART FOR OLDER ADULTS — PART 2

- It's still too hot for our Lunch Bunch to meet outdoors, but we can have a late lunch/happy hour follow-up session online with our friend and neighbor Idriys J.

Abdullah, Consumer Protection Advocate with the DC Department of Insurance, Securities and Banking (DISB). We will look more closely at 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.



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

~ **Morning Stretch: each Wednesday & Friday in August, online, 10:00-10:30 am** – Ease into your day with 30 minutes of guided stretching, gentle movement, and breath-work by Cleveland Park resident and instructor Beth Kaplan. She will work on alignment, range of motion, and balance, and help you shake off any morning stiffness or muscle tension. Please bring a bath towel or blanket; a strap or a belt; and have a sturdy chair handy. Participants can sit, stand, or recline. All are welcome. To **register**, click [here](#). Offered by **Cleveland & Woodley Park Village**.

~ **Creative Wellbeing in Later Life: Thursday, September 8, 11:00 am-noon** – People over the age of sixty-five now outnumber those under the age of five for the first time in human history. Nevertheless, more older adults suffer from feelings of loneliness, boredom, and helplessness. Older adults who maintain or adopt an art- or music-making practice often experience greater satisfaction in their lives. In this presentation, folklorist Jon Kay shares observations from over twenty-five years of documenting the expressive lives of elders. To **register** for this free online event, click [here](#). Offered by **Northwest Neighbors Village**.

~ **Preparing for Medicare Open Enrollment, with Chris DeYoung, via Zoom: Wednesday, September 14, 1:00-2:00 pm** – Village Case Manager Barbara Scott will be joined by Chris DeYoung from the Department of Aging and Community Living (DACL). Chris will speak to Village members about the difference between Medicare and Medicare Advantage ahead of the October 15-December 7 Open Enrollment period. There will be a Q & A session at the end.



. . . AND OTHER COMMUNITY EVENTS . . .

~ **Monday Movie Nights Online: each Monday in August, 7:00-9:00 pm** – It doesn't get more fun than watching a movie and then talking about it with your friends! Join the group for films such as the new documentary "Summer of Soul" about Harlem's Woodstock. Each film will be followed by a facilitated discussion. **Schedule:** **August 1:** *Strange New Worlds (2)*; **August 8:** *Licorice Pizza*; **August 15:** *The Princess Bride*; **August 22:** *Summer of Soul*; **August 29:** *Shang Chi*. Offered by **AroundTown DC**. To **register** for these free films and discussions, click [here](#). (If you don't already have an account, you can easily register for one on the website.)

~ **Washington Bach Consort, Parks at Walter Reed: Saturday, August 6, 5:30 pm** – The Parks at Walter Reed is thrilled to welcome the Washington Bach Consort to the Great Lawn for a special string and vocal quartet. Tenor Patrick Kilbride, cellist Amy Domingues, and violinists Leslie Nero and Risa Browder will present Baroque pieces by Bach, Handel, and Purcell inspired by the setting sun and the sounds of the sea.

Location: The Great Lawn is located at the center of the campus. Enter from 16th St. NW, or enter from Georgia Ave. at Butternut St. NW, and follow Main Dr. around to the grassy area. Map: 1010 Butternut St. NW. Parking is limited on the site, so walking or biking is recommended. Bike parking is available on racks and signage throughout the site. Some small parking lots are available inside The Parks gate near the playground; and street parking is also available along Georgia Ave. and Butternut St. NW.

~ **"The Goonies," movie, Parks at Walter Reed: Saturday, August 6, 8:15 pm** – This 1985 family-friendly film is about a group of young misfits called The Goonies who discover an ancient map and set out on an adventure to find a legendary pirate's long-lost treasure; starring Sean Astin, Josh Brolin, and Jeff Cohen. The Great Lawn (see above item for location and parking information). For venue details and to **register** for this free event, click [here](#).

~ **Jazz Concert Presenting Mark G. Meadows, Parks at Walter Reed: Saturday, August 20, 5:00-8:00 pm** – On the Great Lawn. An acclaimed jazz composer, pianist, music director, vocalist, jazz instructor, and actor, Mark G. Meadows is a man on a mission: to create a

unifying sound that breaks through social barriers. There's something for everyone in his music, which harmonizes pop, gospel, R&B, hip hop, funk, and jazz. With his lyrics, suffused with meaning, and his velvet voice, Meadows cuts through the noise to speak to all. For more about Mark, click [here](#). **Vendors:** Bring your own picnic, or purchase food from [J&J Mex-Taqueria](#), [Pepe by José Andrés](#), [Capitol Kettle Corn](#), and more! *The Parks at Walter Reed events are sponsored by Children's National Hospital, Aspen Square at The Parks by NVHomes, Pepco, The Vale, The Brooks, Streetsense, and BKV Group.*

~ Salsa on the Plaza, Parks at Walter Reed: Saturday, August 20, 5:00-8:00 pm – At the Arts Plaza, 6310 Cameron Dr. NW. DJ Harry Hotter has the most amazing lineup of salsa music, so bring your dancing shoes! Neighbors DC will again present delightful local makers, including [The Bud Bar DC](#) (bespoke flower arrangements), [Tequeño World](#) (Venezuelan cuisine), [Hey Girl Hey Bodycare](#) (skincare that works), and [London Wick Candle Co.](#) [Anxo Cider](#) will provide the beverages. For details and to **register** for this free event, click [here](#).

~ Reimagining Intergenerational Housing – Online Webinar: Tuesday, August 23, 2:00 pm – Explore the emerging continuum of intergenerational living approaches, including home sharing, and how communities and organizations can help advance them. Presenters include Donna Butts of Generations United and Noelle Marcus of Nesterly. Free event; to **register**, click [here](#).

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



Watermelon is refreshing any way you serve it! Few things soothe and cool your body on a hot day more than a slice (or two or three) of this summer staple. For a change, try making this delicious [WATERMELON GAZPACHO](#). This recipe makes 4 servings.

3 cups watermelon (cut into 1-inch cubes)
2 celery stalks (coarsely chopped)
3 med. tomatoes (coarsely chopped)
1/2 hothouse/English cucumber (coarsely chopped)
2 red bell peppers (coarsely chopped)
1 inch fresh ginger (peeled & chopped)
1/2 red chili pepper

2 limes
1 handful fresh basil leaves
1/2 tsp. salt
1/8 tsp. freshly ground black pepper
1 Tbsp. apple cider vinegar

To begin, set aside 3-4 cubes of watermelon, a couple of celery pieces, and a few leaves of basil to use as a garnish for the soup.

Put the remaining ingredients into a blender (if you run out of room, blend the vegetables for a few seconds to make more space for the other ingredients). Then pulse until it reaches a soup-like consistency.

Taste and adjust seasoning, if necessary, then chill the gazpacho in the fridge for 2 to 3 hours before serving. Serve in bowls or glasses topped with finely chopped watermelon, celery, and basil. *This watermelon gazpacho is adapted from [Juice Manifesto](#) by Andrew Cooper (Chronicle Books, 2016).*



ERCV Newsletter Editor: Nancy Foster 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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Thanks!