

## SEPTEMBER 2022

East Rock Creek Village — 202-656-7322

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## PRESIDENT'S CORNER

### Falling Forward



It should be no secret that autumn is my favorite season! It's a beautiful time of transition as we say good-bye to summer heat and hello to cooler breezes. For many, it's the beginning of a new school year full of both excitement and anticipation. For any of us it can be a good time to reflect on the year, make course corrections, and explore new interests.

We are definitely looking forward to the fall at ERCV. Over the summer we surveyed our membership and gathered ideas from our volunteers for new programs and service offerings. I want to thank everyone who participated in our survey. It was heartening to receive so many constructive, creative, and thoughtful comments. In response, we are beginning to add more educational programming to our calendar, like "Preparing for Medicare Open Enrollment" on September 14<sup>th</sup> and "Money Smart for Older Adults" on September 29<sup>th</sup>. Stay tuned for other new offerings, along with more of your favorite social and health & wellness activities.

Cooler weather will enable our Lunch Bunch to return on September 22<sup>nd</sup> to the Olive Lounge's outdoor patio, and our community picnic will be held at Carter Barron in Rock Creek Park on October 2<sup>nd</sup> from 4-6pm. If we are lucky, an updated Covid-19 vaccine will become available in the coming weeks, which would enable us to resume indoor social gatherings in the winter. Keep your fingers crossed!

In this time of transition, I want to thank Linda Glass for her many years of service on the ERCV Board of Directors. She recently stepped down but remains active on our Volunteer Committee.

At the same time, I'm pleased to announce that Allyson Booth will be joining our Board! She is newly retired and ready to bring fresh eyes and new energy to our leadership team.



As we move forward at ERCV I wish everyone a Happy Labor Day and an awesome autumn. For those who celebrate the Jewish new year, Rosh Hashanah, may you be inscribed for a good year: *L'shanah tovah tikatevu.*

--David Mackoff



## JOIN ERCV'S PROGRAM OR VOLUNTEER COMMITTEE

Would you enjoy helping to plan and carry out events?

Want to help train and support our volunteers?

Want to know more?

Email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org)



## SPOTLIGHT: MEDICARE OPEN ENROLLMENT

**Medicare open enrollment for 2023 is from October 15 to December 7, 2022.**

During the Medicare open enrollment period, you can make changes to your Medicare health and drug coverage that will take effect on January 1, 2023. During Medicare open enrollment, you can review your existing coverage and make changes to it. Specifically, you can:

- switch from Original Medicare to a Medicare Advantage plan;
- switch from a Medicare Advantage plan to Original Medicare;
- switch from one Medicare Advantage plan to another;
- switch from one Medicare Part D drug plan to another;
- join a Part D drug plan; or
- drop your Part D coverage.

**Please make note of the following opportunity to educate yourself and prepare for open enrollment:**

*~ 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. **Please register [HERE](#) for the event prior to September 7;** or contact Barbara directly to register: [casemanager@dupontcreekvillage.net](mailto:casemanager@dupontcreekvillage.net); or email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) if you need assistance to register. Offered by **Northwest Village Neighbors**.



## USEFUL INFORMATION . . .

### **Coronavirus Update:**

According to news reports, the next generation of coronavirus booster shots could become available in the coming weeks. Pfizer and BioNTech have submitted applications to the US Food and Drug Administration (FDA) for emergency use authorization of their updated COVID-19 vaccine for use in people ages 12 and older.

The new formulation combines the original vaccine with one that targets Omicron variants BA.4 and BA.5. If the vaccine is authorized by the FDA, distribution could start by mid-September to help the country prepare for potential fall and winter surges of the virus.

A nationwide program that allowed residents to order batches of free at-home coronavirus tests through the US Postal Service will be suspended on Friday, September 2, due to lack of continued funding. But residents who haven't maxed out their household allotment (3 orders to same address) can still make orders until then at [special.usps.com/testkits](https://special.usps.com/testkits) or by calling 800-232-0233.

NOTE: It is unclear if or when these funding issues will impact DC Health COVID Centers. 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. 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](mailto:info@eastrockcreekvillage.org) or call us at 02-656-7322 to arrange delivery or request a ride.

### **Visit your local Ward 4 Farmers Market:**

- [Uptown Farmers Market](#) at 5501 Colorado Ave NW on **Saturdays from 9am-1pm**
- [Chevy Chase Farmers Market](#) at Lafayette Elementary on **Saturdays from 9am-1pm**
- [Petworth Community Market](#) at 9th & Upshur NW on **Saturdays from 9am-1pm**
- [Takoma Park Farmers Market](#) at 6931 Laurel Ave. on **Sundays from 10am-2pm**
- [The Parks at Walter Reed Farmers Market](#) at 6310 Cameron Drive NW on **Sundays from 9am-1pm**

### **Takoma Aquatic Center Reopens on September 6:**

"The wait is almost over: this week DGS and DPR [announced](#) that Takoma Aquatic Center will reopen for our community on Tuesday, September 6! And better yet, the pool will reopen at full capacity as the only DC pool to be open seven days a week! Its operating hours will be 6am-9pm on Monday through Friday and 10am-5pm on Saturdays and Sundays. . . . Over the last year, the pool underwent a roof replacement, HVAC repairs, and minor renovations, such as a fully replastered floor."

Excerpts are from Ward 4 Councilmember Janeese Lewis George's weekly newsletter. To read the full August 19 newsletter and sign up to receive it directly, click [HERE](#).

### **Creativebug Art and Craft Video Classes:**

Want to build your creative and DIY skills? DC Public Library cardholders now have access to thousands of award-winning craft and art classes taught by top designers and artists. Creativebug is their newest online resource providing unlimited access to craft classes on painting, drawing, sewing, knitting, baking, and more. The craft classes are "on demand" and include chapters, a materials list, a gallery, the ability to take notes, a transcript, and a pattern download. Check out this [online tutorial](#) to get an overview of the resource, learn how to create an account, and how to navigate the site on a web browser and mobile app.





**Happy Birthday to ERCV members  
born in September!**

Ann Castiglione-Cataldo  
Marilyn Dixon  
Nancy Foster  
Valerie Hamilton  
Audrey Little  
David Mackoff  
Ruth Newman  
Ann Stamps

**Please let us know if you prefer not to be included  
in our monthly birthday list.**

**[info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org)**



## **ERCV PORTRAITS - Meet Roberta Hammond**



ERCV member Roberta Hammond was born in Tucson, AZ, but was quite a peripatetic student, attending school in France for a couple of years during her father's sabbatical leaves from the University of Arizona and spending her senior year of high school in the Finger Lakes region of New York State. She dropped out of college after about a year at SUNY at Stony Brook and ended up travelling the country, through Colorado and ending up in Key West, where she eventually earned a BA from Florida State University. Roberta then came back up north to complete a Masters and PhD in Anthropology at Temple University in Philadelphia. Her PhD field research was done in North Florida focusing on maritime anthropology and fishermen, specifically oystermen.

Roberta's fieldwork led her to find her professional calling as a sanitarian at a county health department. In this position she was responsible for inspecting and permitting everything from restaurants to drinking water to septic systems to swimming pools, and more. She worked her way up from the county health department to the state level and eventually became the primary expert in food and waterborne diseases for the State of Florida. She met Mike O'Connell in 1998 and they married in 2005. In 2010, she got a great offer from the Food and Drug Administration, which brought her to DC where she served as the Response Manager for Foodborne Outbreaks at the Center for Food Safety and Applied Nutrition until her retirement in 2015.

Since then Roberta has embarked on several creative endeavors, taking painting, multimedia collage, weaving, and other art classes. Currently she is excited to be working on a woven blanket using scrap yarn and a pin weaving technique. She belongs to two writing groups and has written several essays that might someday end up in book form. Roberta has also given her time and talent to Let's Play America, a local nonprofit promoting spontaneous play. An avid swimmer and member of the DC Water Wizards, she has missed the Takoma Aquatic Center while it's been closed for renovations and is looking forward to getting back in the water soon! Roberta also writes postcards on behalf of Democrats running for office at all levels across the country and finds a great deal of satisfaction in working toward helping them get elected.

Roberta was aware of ERCV for several years and finally joined up this year. She enjoys the lunch outings and very much appreciates the referrals to resources for seniors. She especially likes the community that we've built and looks forward to the return of in-person social events.

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



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



*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](mailto:info@eastrockcreekvillage.org).*



Fridays, September 2, 16, 23, & 30: 3:00-4:00 pm (NOTE: no class Sept. 9)

### **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, September 5, 12, 19, & 26: 9:30 am

### **ERCV MORNING WALKERS**

- We will meet at 1312 Juniper St. NW and take a leisurely stroll around the neighborhood with lots of attention to the gardens.
- 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, September 5, 12, 19, & 26: 6:00 pm

### **ERCV AFTERNOON WALKERS**

- The Monday afternoon walkers will meet at 1309 Floral St. NW. We usually walk on the track inside Walter Reed or may go on the path in Rock Creek Park, avoiding steep downhill dirt trails.
- 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, September 6, 13, 20, & 27: 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, September 6, 13, 20, & 27: 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).

Wednesdays, September 7, 14, 21, & 28: 9:00-10:00 am

### **NEW MORNING WALK ON TRACK BEHIND SHEPHERD SCHOOL**

- A new ERCV walking group is gathering on the track behind Shepherd School. We are just beginners and would welcome walkers with more experience. Some of us are using walking poles. Some are counting our circuits of the track. Some are wearing masks and we will put one on if you request it. Any pace or length of walk is OK. There is lots of conversation!
- You can enter the track from Kalmia Rd. or Jonquil St. between 14<sup>th</sup> and 16<sup>th</sup> St. There is plenty of street parking on both sides. Besides the one-fifth mile artificial turf track, there is also an exercise area for pre- or post-walking stretches or other exercises and a long flight of stairs which will really get your heart beating fast. We usually finish up before 10:00 am.



- Reservations are not needed, but if you email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or call/text 202-656-7322 we will add you to the reminder email or text message which is sent out Tuesday evening. All are welcome!

Thursday, September 8: 3:00-4:30 pm

### **OPEN HOUSE VIA ZOOM**

- Come enjoy time with friends and neighbors and chat about whatever comes to mind. Did you do anything fun over the summer or Labor Day? Tell us about it. It's also a chance to just say "Hi."
- Register [HERE](#) to receive the Zoom link or phone number to call in.

Thursday, September 22: 12:30-2:00 pm

### **LUNCH BUNCH AT OLIVE LOUNGE**

- Join us for lunch on the outside covered patio of the Olive Lounge at 7006 Carroll Ave., Takoma Park, MD. The Olive Lounge specializes in Middle Eastern fare but also has burgers and tacos on their long menu. Nothing is more than \$15. Click [here](#) to take a look.
- Reach the back patio by walking through the parking lot at Willow and Carroll or along the walkway beside Mark's Kitchen. Parking in the lot costs \$5 but it is often full. You can park for \$3 for 1-2 hours in the lot entered at the corner of Laurel and Carroll, or there is free street parking along Willow St. across the DC line and in the lot behind the former bank on the northwest corner of Carroll and Willow.
- Register [HERE](#) so we can reserve you a seat. Attendees must be fully vaccinated, boosted, and feeling well on the day of the event. Email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or call **202-656-7322** if you have any questions, and let us know if you need a ride.

Thursday, September 29: 3:00-4:30 pm

### **MONEY SMART FOR OLDER ADULTS — PART 3: ESTATE PLANNING FOR EVERYBODY**

- Our friend and neighbor Idriys J. Abdullah, Consumer Protection Advocate with the DC Department of Insurance, Securities and Banking (DISB), returns with more important information about wills, advanced directives, power of attorney (POA) and deed transfers. A representative of AARP's Legal Counsel for the Elderly has been invited to join this session.
- Register [HERE](#).

Sunday, October 2: 4:00-6:00 pm

### **ERCV COMMUNITY PICNIC, ROCK CREEK PARK PICNIC GROVE 24, CARTER BARRON**

- Come enjoy an early autumn picnic in Rock Creek Park with your ERCV friends and neighbors! We will supply tasty food and drink – we just need YOU to join us!
- Picnic Grove 24 is located across from the Rock Creek Park Tennis Center at Carter Barron off 16<sup>th</sup> St. NW and Morrow Drive.

- The area is open and flat and has a covered picnic pavilion and restroom facilities. There is easy and ample parking.



- Attendees must be fully vaccinated, boosted, and feeling well on the day of the event.
- Register [HERE](#). Please let us know as soon as possible if you need a ride so we can arrange for volunteer drivers. Want to help with the event? Email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or call 202-656-7322.



## 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)

~ **American Women and the Fight for Equality: 1920-2020: Tuesday, September 13, 11:00 am-noon** – The 19th Amendment was an incomplete victory. Black and white women fought hard for voting rights and doubled the number of eligible voters, but the amendment did not enfranchise all women, or even protect the rights of those women who could vote. A century later, women are still grappling with how to use the vote and their political power to expand civil rights, confront racial violence, improve maternal health, advance educational and employment opportunities, and secure reproductive rights. For details and to **register** click [HERE](#). Offered by **Northwest Neighbors Village**.



## . . . AND OTHER COMMUNITY EVENTS . . .

~ **Nordic Walking & Yogic Stretching: Tuesday, September 6, 10:00-11:15 am** – Join our local certified Nordic walking and yoga instructor Camille Martone at Iona Senior Services for a new and exciting health and fitness experience – Nordic walking and yoga. Nordic walking is a total-body version of walking that can be done both by athletes as a sport, and by non-athletes as a health-promoting physical activity. It is fitness walking with specially designed poles like ski poles but adjustable. The Nordic walking would be outside in the neighborhood and yoga stretching inside at Iona Senior Services. You would need to bring good walking shoes, appropriate outdoor clothing, yoga mat and blanket for inside, and a cheery disposition. **Poles will be supplied, but if you have some, bring your own!** For details and to **register**, click [HERE](#). 4125 Albemarle St. NW. Offered by **AroundTownDC**.

~ **Brain Health Begins in the Kitchen: Online Cooking Classes with Chef Annie Fenn, MD: Thursday, September 8, 6:00-7:00 pm** – Boost your brain health with Kensington Senior Living and Chef Annie Fenn, MD and Founder of Brain Health Kitchen. Part I: Brain Health Basics: *Learn the basics! Chef Annie shares the Top 5 Ways to boost your brain-healthy diet, including the Top 5 must-have pantry items and Top 5 foods to avoid.* Part II: Favorite Fall Recipes: Kick off fall with these simple and delicious dishes. Chef Annie shows us how to put the Brain Health Basics into action with her favorite fall recipes. For details and to **register**, click [HERE](#). Offered by **Kensington Senior Living**.

~ **Communication and Race: Come as You Are: Friday, September 9, 6:30 pm** – Presentation on Zoom by Carrie Alexander Colella of Listen First Consulting. To **register** in advance, click [HERE](#). After registering, you will receive a confirmation email containing information about joining this eye-opening presentation. Offered by **Friends of the Juanita E. Thornton-Shepherd Park Library**.

~ **Artspace Lofts on Sligo Quarterly Show & Sale: Saturday, September 10, 1:00-5:00 pm** – The Artspace campus provides live-work space for artists of all mediums and genres. Items offered for sale in the lobby exhibit space will include paintings, sculpture, prints, textile arts, hand-wrought jewelry and ornaments, ceramics, and photography. Visitors are encouraged to drop by to see the redeveloped facility, meet the artists, listen to music, and sip a cup of coffee or tea. The Artspace Lofts is located at 801 Sligo Ave. in Silver Spring. More information can be found on the website [artspaceloftsonsligo.com](http://artspaceloftsonsligo.com).

~ **Movie “Respect,” at The Parks at Walter Reed: Saturday, September 17, 8:15 pm** – Following the rise of Aretha Franklin's career from a child singing in her father's church's choir to her international superstardom, “Respect” is the remarkable true story of the music icon's journey to find her voice. Starring Jennifer Hudson, Forest Whitaker, and Marlon Wayans. **RSVP** [HERE](#) for this free event. Bring your own chairs, picnic, and popcorn, or patronize the food vendors, and enjoy this movie (rated PG-13); blankets will be available if the ground isn't too wet. **HR Records** will be hawking vinyl, **Anxo** will be selling its best cider, **Three Stars Brewing Co.** will

bring the beer, **Everyday Sundae** will have its amazing ice cream, and **J&J Taqueria** will be selling tacos, quesadillas, and more. The Great Lawn is located at the center of the campus. Enter from 16<sup>th</sup> St. NW, or from Georgia Ave. at Butternut St. NW and follow Main Dr. around to the grassy area. 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 available along Georgia Ave. and Butternut St. NW.

~ **Takoma Village Cohousing Tour: Sunday, September 18, 2:00-4:00 pm** – Takoma Village Cohousing, 6827 4th Street, NW, is hosting an in-person tour. Get a comprehensive introduction to Takoma Village and see the community's extensive common facilities. There will be Q & A and light refreshments will be served. Registration is required. Please sign up for the event at the [Washington DC Area Cohousing Meetup](#). The tour will be both indoors and outdoors. We want everyone to have fun and feel safe, so vaccinations and masks are required.

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

Thanks!