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⚙️ SEPTEMBER 2022 CALENDAR UPDATE ⚙️



Fridays, September 16, 23, & 30: 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.

Mondays, September 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 if you would like to receive an email reminder on Sunday evening.

Mondays, September 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 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 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 or call 202-656-7322 for more information and the Zoom link.

Tuesdays, September 20, & 27: 4:00-5:00 pm

STRONGER MEMORY 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.

Wednesdays, September 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 14th and 16th 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 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 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 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 16th 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 vaccinated + at least one booster, 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 or call 202-656-7322.



HEALTH INFORMATION

UPDATED COVID-19 BOOSTER AND FLU SHOTS AVAILABLE NOW

DC Health encourages District residents to receive both their annual influenza (flu) vaccination AND the new bivalent COVID-19 booster - also known as the Omicron booster.

The flu vaccine protects against strains of the flu virus that are expected to circulate this fall and winter and reduces your chance of getting the flu or spreading it to others. The Center for Disease Control (CDC) recommends that [people over age 65 opt for the high-dose flu vaccine](#) because older adults are more susceptible to serious complications from the virus.

The [bivalent COVID-19 booster vaccine](#) provides specific protection against the original COVID-19 virus and the newer, more contagious, Omicron BA.4 and BA.5 variants. COVID-19

bivalent booster vaccines produced by both Pfizer-BioNTech and Moderna are now available.

CDC research shows that **unvaccinated** adults 50 and older have a 14 times greater risk of serious complications from COVID-19 than those who have received the vaccine and two or more booster shots. Those in the same age range with only one booster were still three times more at risk. The booster shots help restore protection that has waned since previous vaccination and are designed to provide broader protection.

Can I get my COVID-19 booster and flu shot at the same time?

Yes, because influenza and SARS-CoV-2 are different pathogens and your immune system can recover from both vaccine shots at the same time,

When should I get a new COVID-19 booster?

The CDC recommends waiting at least two months after your last COVID-19 vaccine booster or three months following your last COVID infection as that will help maximize the protection your immune system can provide.

Where can I get my shots?

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 flu and COVID-19 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 vaccinations 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.

To find other opportunities to get vaccinated at local CVS and Giant pharmacies visit [vaccines.gov](https://www.vaccines.gov) or make an appointment with your primary care provider.

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 02-656-7322 to arrange delivery or request a ride.



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

FUN & USEFUL INFORMATION . . .

Summon your inner Streisand...or Sinatra!

Second Wind, a small chorus on Capitol Hill, is looking for new voices. The group performs a wide variety of music from classical and folk to John Lennon and Billy Joel. Rehearsals are held at Capitol Hill Arts Workshop (CHAW), 545 7th Street, SE, midday on Tuesdays, and the chorus performs twice a year at CHAW in December and June. No auditions: an ability to read music is helpful but not necessary. Membership fees are assessed on a sliding scale. Members must show proof of vaccination and masks are required. Rehearsals started September 13. For more information, see the Second Wind website, www.secondwindchorusdc.com or contact Shirley Rosenfeld at (202) 544-1646.

Another option, if you enjoy singing and are over age 55, is the Encore Chorale. The group meets in nearby Silver Spring at the [Schweinhaut Senior Center](#). No auditions! Singers are provided with practice CDs to help learn their part. Masks are required as well as proof of COVID vaccination & boosting. For information about the organization and how to register, visit <https://encorecreativity.org/> ERCV members Nancy and Bill Foster enjoy singing with this group and are also happy to answer any questions.



. . . AND COMMUNITY EVENTS . . .

~ 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. **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. The Great Lawn is located at the center of the campus. Enter from 16th 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.

~ North Portal Estates/Colonial Village CARE Day, Thursday, September 22, 4-7pm – [RSVP](#) to join Ward 4 Councilmember Janeese Lewis George in knocking doors to connect with neighbors in Colonial Village and North Portal Estates to share resources, problem solve with DC agencies, and bring our community closer together. Meet up location will be at the corner of Kalmia Road and E Beach Drive (1735 Kalmia Rd).

~ TERRIFIC, Inc. 's Dancing with the Senior Stars Performance, Tuesday, September 27, MLK Library Auditorium, 901 G St, NW, 11:00am-2:00pm – [Register online for this in-person performance](#). Space is limited. For more information, call Susan Shepard at (202) 497-5897 or (202) 882-1160 or go to www.terrificinc.org. Thanks to Evon Ervin for sharing this community event notice.

~ Depression and Health Equity: Discussion the Facts Webinar via Zoom, Wed, September 28, 7-8pm – Naeemah Staggs will discuss Depression and Health Equity. Depression symptoms in the Black community are often viewed as weakness, therefore acceptance of depression can be difficult. Join us to talk about the prevalence, stigma, signs of and support for those experiencing depression. We will also discuss the impact of depression in the Black community. There will be plenty of time for Q&A. Register [HERE](#) or email jsmit470@jhmi.edu or call 202-364-7602 at least one week in advance. *Presented by New Morning Star Baptist Church and Sibley Senior Association*

ERCV Newsletter Editor: Nancy Foster nfoster14thst@gmail.com

Our thanks to the DC Department of Aging and Community Living (DACL)
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