

OCTOBER 2022

East Rock Creek Village — 202-656-7322

7707 13th St. NW, Washington, DC 20012

info@eastrockcreekvillage.org—www.eastrockcreekvillage.org



PRESIDENT'S CORNER

Talking Heart to Heart



Autumn, my favorite season, is here, and I am certainly enjoying the cooler air and the colorful, pleasant changes in my surroundings. It is also the Jewish new year, which for me is always a pause in time for reflection, making amends, and setting new intentions.

I find myself open to this season in a different way this year. I'm drafting this President's Corner from a hospital bed after having had a mild heart attack and a successful procedure to correct the problem. There are many lessons I could learn from the experience, but, at present, I am most of all moved by the caring and support that surrounds me. Why am I telling you this, since I am not asking for assistance? It's because I believe our community grows stronger when we can share our challenges as well as our triumphs, when we feel safe enough to be our imperfect selves with each other. It can take a Village to make our way in this world, and I'm grateful and proud to be part of ERCV.

We have a nice assortment of activities planned this month. We had hoped to start with our Community Picnic on Sunday, October 2nd, but the remnants of Hurricane Ian are expected to rain us out. So, we have rescheduled the picnic for Thursday, October 13th, from 3:30 to 6:00pm. I hope you can still come. This will be the first time in a while that so many of us will have the opportunity to physically be together, and it's our first event for some time in Rock Creek Park!

Please read this newsletter, which is filled with useful health and local election information and a full calendar of interesting events. Take good care of yourselves and THANK YOU ALL for being part of East Rock Creek Village.

P.S. Just to let you know, as we go to press I am back at home and doing fine.

--David Mackoff

Welcome. . .

- Newly-trained and vetted volunteers Laura Brown, Walter Knauff, Cathy Mascelli, and Roberta Hammond!
- Volunteer leader Roger Glass, recently elected to ERCV's Board of Directors!



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

Claudia Anyaso
Neil Goldman
Walter Kamiat
Richard "Buddy" McDaniel
Barbara Pike
Akbar Sharrieff
Shirley Thompson
Virginia View
Carol Wilson

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

info@eastrockcreekvillage.org



STAYING ACTIVE:

Like to Knit, Crochet, or do Needlework?

We would like to know if there is an interest in starting a weekly/biweekly/monthly knit and crochet group. If you would like to sit with knitters and other fiber people while working on personal projects, please send your email and phone number to info@eastrockcreekvillage.org. We don't yet have a time, frequency, or place; we want to see how many are interested before going further. Could be fun as the weather gets colder!

DC Water Wizards Swim Club

The DC Water Wizards (sponsored by the DC Department of Parks and Recreation) is a group of folks over 50 who enjoy swimming. This is DC's resident aquatics program, using DC public pools and staff to provide pool-based fitness opportunities for seniors of all levels, with activities from water aerobics, to learn-to-swim, to swimming as exercise, to competing at the highest levels, including a team of men and women who compete at the national level for the District. The Water Wizards carries out a vibrant development plan geared to support and enhance productive aquatic and educational programs to build a healthy community. If you are interested in joining, please contact swimcoachlu@gmail.com. The only requirement is to be over 50 years old. While many Water Wizard swimmers compete at senior meets, this is not a requirement for participating. Many of us enjoy the physical activity and fellowship. If you are on Facebook, look up DC Senior Water Wizards to see photos of swimmers enjoying the recent Senior Games meet.



HEALTH SPOTLIGHT:

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.

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 are produced by both Pfizer-BioNTech and Moderna.



The FDA has granted **another 3-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 check the most updated expiration date of your kit or call the ERCV office at 202-656-7322 for assistance.

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. Open Monday, Tuesday, & Wednesday 10am-8pm; Thursday 11am-9pm; Friday 9am-7pm; Saturday 10am-8pm; Closed Sunday.

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.



USEFUL INFORMATION: ELECTION UPDATE . . .

Important information regarding the 2022 General Election

- The DC Board of Elections will **mail each registered DC voter a mail-in ballot** ahead of the November 8, 2022, General Election.
- To ensure that you receive your mail-in ballot at the correct address, it is critical that you [CHECK](#) and [UPDATE](#) (if necessary) your voter registration.
- Mail ballot drop-boxes will be distributed to 55 locations throughout the District and will be open to voters beginning on October 14. Once mail ballot drop-boxes open, voters will be able to return their voted mail-in ballots to any mail ballot drop-box location until 8:00 pm ET on November 8.
- *Voters may also return their voted mail-in ballot via USPS (must be postmarked by November 8 and received by the Board of Elections no later than November 15), or in person at any Vote Center during the Early Voting period or on Election Day.*

Key dates and deadlines

- DC Board of Elections begins sending mail-in ballots to all registered voters: **October 3, 2022**
- Mail Ballot Drop-Boxes open: **October 14, 2022**
- Deadline for receipt of all voter registration applications: **October 18, 2022**
- Early Voting period: **October 31 to November 6, 2022**
- General Election Day: **November 8, 2022**

Vote Locations

- [Early Vote Centers, Election Day Vote Centers, and Mail-In Drop Boxes](#)

Candidates

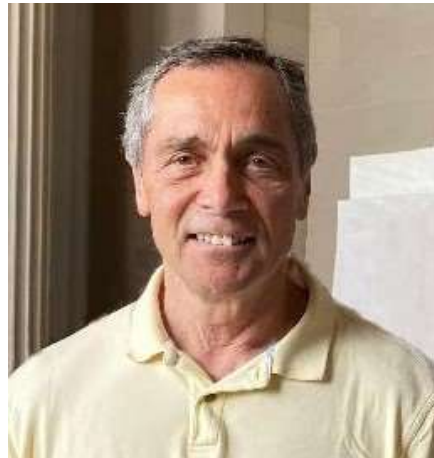
- [Candidates for the November 8, 2022, General Election](#)
- [Candidates for Advisory Neighborhood Commissioner](#)

[Sample Ward 4 Ballot](https://www.dcboe.org/dcboe/media/PDFFiles/Wards2478.pdf)

<https://www.dcboe.org/dcboe/media/PDFFiles/Wards2478.pdf>



ERCV PORTRAITS - Meet Walt Ennaco



ERCV volunteer Walt Ennaco grew up in Massachusetts and attended the United States Military Academy at West Point. Upon graduation he began a twenty-year career in the Army. As a project manager in the Corps of Engineers, he worked all over the world, including Germany, Korea, and Honduras. While stationed in Mobile, Alabama, he worked closely with the district procurement attorney, Ann Castiglione-Cataldo, who eventually became his wife. He felt very lucky to have met someone who understood military life and shared his love of outdoor activities. They adopted a daughter, Cinthia, in 1999.

After retiring from military service Walt returned immediately as a civilian employee doing the same job. Over seventeen years, he became an expert on building in Latin America and the Caribbean, directing work on roads, airports, base camps, and many types of facilities in nearly every country. He also helped with reconstruction following earthquakes, floods, and other natural disasters.

Walt moved to DC in 2002, just a year after his wife and daughter arrived here. Shortly thereafter he started a job as project manager in the Office of Facilities at the Smithsonian Institution, where he worked his way up to the position of Deputy of the Office. He found this fascinating work, since it meant being involved with all of the nineteen museums, nine research centers, and numerous storage facilities, in addition to liaising with Congress to secure funding. One of the things Walt finds most compelling about the Smithsonian is that only about 10% of their objects are on display. They have over 2.5 million square feet of warehouse space

scattered around our area and across the world. To put this in perspective, the Pentagon has 6.5 million square feet! After a total of 53 years in government service, Walt retired from the Smithsonian in 2021, but still volunteers on a regular basis.

As a young man, Walt played basketball, golf, and tennis, in addition to skiing and horseback riding. Nowadays he does a lot of walking, swimming, and gym workouts. He and Ann have committed to staying active and engage in some sort of physical activity six days a week.

Walt thinks that ERCV is a wonderful resource! His 96-year-old father lives in Springfield, Massachusetts, and unfortunately doesn't have anything like this. Walt says that many people don't realize that as you get older there is less and less that you'll be able to do. It's important to keep moving!

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



PLEASE JOIN US FOR ERCV's OCTOBER 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.



Mondays, October 3, 10, 17, 24, & 31: 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 and, toward the end of the month, to Halloween and fall decorations.
- 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, October 3, 10, 17, 24, & 31: 5:00 pm (Note new fall time.)

ERCV AFTERNOON WALKERS

- The Monday afternoon walkers will meet at 1309 Floral St. NW, at 5:00 pm now that the days are shorter. We usually walk on the track inside Walter Reed or may go on the path in Rock Creek Park, avoiding steep downhill dirt trails; or in late October may walk the neighborhood to view Halloween-decorated houses.
- 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, October 4, 11, 18, & 25: 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. Ankle weights are optional.
- 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.

Wednesdays, October 5, 12, 19, & 26: 9:00-10:00 am

MORNING WALK ON TRACK BEHIND SHEPHERD SCHOOL

- An ERCV walking group gathers on the track behind Shepherd School. 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 look out for you and also add you to the reminder email or text message which is sent out Tuesday evenings. All are welcome!

Thursday, October 6: 3:00-4:30 pm

OPEN HOUSE VIA ZOOM

- Let's catch up with each other. Do you have questions about the upcoming Medicare Open Enrollment period? Have you gotten your flu and COVID-19 bivalent booster shots? Share stories of your summer or plans for the fall. If you want to show photos, just email them to info@eastrockcreekvillage.org and we will create a slideshow.
- Register [HERE](#) to receive the Zoom link or phone number to call in.

Fridays, October 7, 14, 21, & 28: 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, October 13: 3:30-6:00pm (Rescheduled from Sunday, Oct 2 due to weather forecast)

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

- Come enjoy an 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!
- Dress for the weather and bring a folding chair and/or blanket if you can. We'll also have some extra if needed.
- Picnic Grove 24 is located across from the Rock Creek Park Tennis Center at Carter Barron off 16th St. NW and Morrow Dr.
- 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 with at least one booster shot, AND feeling well on the day of the event.
- Register [HERE](#). Please let us know as soon as possible what your box lunch preference is and if you need a ride so we can arrange for it.
- Panera Box lunch choices include: Napa Almond Chicken Salad Sandwich; Mediterranean Veggie Sandwich; Tuna Salad Sandwich; Deli Turkey Sandwich. Full box lunch ingredients are listed on our [events webpage](#).

- Want to help with the event? Email info@eastrockcreekvillage.org or call 202-656-7322.

Thursday, October 20: 3:00-4:30 pm

ARMCHAIR TRAVEL: LATINX ART IN SMITHSONIAN AMERICAN ART COLLECTIONS

- In honor of Hispanic Heritage Month, join SAAM docent Melissa Clark as we discuss works from the museum's wide-ranging collection of works by Latinx artists.
- From thought-provoking graphics to abstract paintings and sculptural works, we'll take a look at and discuss works designed to delight and provoke conversation. *(Photo of artwork, "Confused Paradi(c)e" by Juan Sanchez, provided by SAAM)*
- Register [HERE](#).



Thursday, October 27: 3:00-4:00 pm

HALLOWEEN BINGO VIA ZOOM



- Let's celebrate Halloween a few days early and revel in autumn colors and themes. Costumes are encouraged, but not required!
- Register [HERE](#) for the Zoom link and click [HERE](#) to get your 2 bingo cards.
- Email info@eastrockcreekvillage.org or call **202-656-7322** if you have any questions, and let us know if you need your bingo cards printed and delivered.



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

~ Art Thursday—National Gallery of Art's Sculpture Galleries and Rodin: Thursday, October 6, 1:30-2:30 pm via Zoom – The NGA has one of the finest collections of Italian Renaissance sculpture in the United States: a significant group of 50 original wax figures of dancers, nudes, and horses by Edgar Degas (including the Little Dancer); a collection of sculptures by Auguste Rodin; American sculptures from the 19th and 20th centuries; and many more. In this presentation, NGA docents will offer a virtual tour of the sculpture galleries with particular focus on the works by Rodin, who followed an unusual path to becoming one of the most innovative, influential, celebrated, and controversial sculptors of the late 19th and early 20th centuries. Free program. To **register (required)** click [HERE](#). Offered by **Foggy Bottom West End Village**.

~ What You Need to Know about Medicare Open Enrollment: Friday, October 7, 1:00-2:00 pm, online – Join AARP's [Legal Counsel for the Elderly](#) to learn what changes you can make during Medicare's Open Enrollment Period, including how to review your current Medicare health and drug coverage. Learn how to make changes to your Medicare health and drug coverage during the Open Enrollment Period. **About Legal Counsel for the Elderly:** Legal Counsel for the Elderly (LCE) champions the dignity and rights of Washington DC elders by providing free legal and social work services to those in need — empowering, defending, and protecting vulnerable seniors. To **register**, click [HERE](#). Offered by **Northwest Neighbors Village**.

~ Before & After Dobbs — Speaker, Dr. Raymond Scalettar: Friday, October 18, 11:00 am-12:00 pm online – What was it like before the Supreme Court's 1973 Roe vs. Wade decision? After that decision, a women's right to privacy and her reproductive healthcare were preserved – for nearly 50 years. Dr. Raymond Scalettar will discuss the legal and medical aspects of the Supreme Court's June 24, 2022, majority opinion in Dobbs v. Jackson Women's Health Organization. He will focus on the medical and social consequences of the recent decision which takes us back to the infamous past. To **register**, click [HERE](#). Offered by **Northwest Neighbors Village**.

~ Stevens School: DC's Little-Known Educational Landmark — Speaker, Historian Ralph Buglass: Tuesday, October 25, 11:00 am-12:00 pm online – Stevens School, on 21st Street between K and L, is nearly obscured by the modern office buildings all around it. But as the city's oldest school still in use, it has lots of history to tell about DC public schools in general. Built in 1868 as the first public school for Black children, it is a surviving symbol of nearly a century of school segregation. Its many famous alumni include the last offspring of a president to attend a DC public school. Now newly rehabbed and modernized, it has gained renewed life as the school system's only stand-alone preschool learning center drawing children from all over the city. Historian Ralph Buglass will look back at the days of school segregation in the

nation's capital through the lens of this little-known landmark. Ralph Buglass teaches lifelong learning courses at American University, Johns Hopkins University, Montgomery College, and Frederick Community College. To **register**, click [HERE](#). Offered by **Northwest Neighbors Village**.



. . . AND COMMUNITY EVENTS . . .

~ **Author Talk — Your Loving Son Ty: A World War II Story of Hope & Horror in the Pacific: Wednesday, October 12, 3:00-4:00 pm online** – Madsen “Ty” Cobb Kokjer was Jody Beck’s mother’s cousin. In this book, Jody tells the story of Ty’s grueling experience in the Bataan Death March, based on his wartime diary as well as hundreds of letters written by Ty, his parents, and other relatives. For details and to **register**, click [HERE](#). Offered by **AroundTownDC**.

~ **Civil Rights in Meridian Hill/Malcolm X Park: Wednesday, October 19, 5:30-7:00 pm online** – Meridian Hill (also known as Malcolm X) Park, has been known as Black Ground Zero for organizing during the Civil Rights Era. Activists such as Angela Davis, Bob Brown, Abdul Alim Muhammad, and Dr. Owusu Sadankai all have history related to the park. The Pitts Motor Hotel, because of its location (Columbia Heights), played an important role Meridian Hill’s importance to the Civil Rights Era in relation to DC and first amendment demonstrations. Examining the relationship between the two and their connection to the Civil Rights movement will be the focus of this virtual conversation. To **register** click [HERE](#). Offered by **Rock Creek Conservancy and Rock Creek Park**.

~ **Creating an Advance Directive, with Eleanor Tanno, Third Thursday Series: Thursday, October 20, 3:00-4:00 pm online** – Creating an Advance Directive can be intimidating! As a board-certified physician, Eleanor will walk you through two major components of an Advance Directive. Most important, she will help you think about defining your end-of-life “Medical Wishes.” For details and to **register**, click [HERE](#). Offered by **AroundTownDC**.

-- Our thanks to Shelley Moskowitz, ERCV member and consultant, for compiling events for the calendar, and to volunteer Roberta Hammond for helping with the newsletter.



ERCV Newsletter Editor: Nancy Foster nfoster14thst@gmail.com

“Like” us on [Facebook](#)

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!