

NOVEMBER 2022

East Rock Creek Village — 202-656-7322

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PRESIDENT'S CORNER

Gather in Gratitude



November is a month that encourages us to be thankful for what we have, and, at the same time, prepare for winter. This is good advice for our times. The temperature is inviting for outdoor activities and fallen leaves crunch beneath our feet, while squirrels store their food and birds start heading south. Our attention turns towards home and hearth. It's a month for appreciating the gifts of health, friends, and family, and the ability to vote in free and fair elections that we currently enjoy.

What comes next, of course, is unknown, whether we're talking about our personal lives, the economy, or various violent maelstroms just beyond the horizon. The results of next week's Election Day may have profound consequences for the country. Despite DC's lack of full voting rights in our national forum, I do hope you will exercise your right to vote. If you're not sure where your polling place is located or you want to cast an early vote, please read the [Election Update](#) section of this newsletter.

Another way to be prepared for the future is to make sure you get your flu shot and are fully boosted with the new bivalent COVID-19 vaccine. Once that's done, be sure to mark **Sunday, December 4th**, on your calendars. That's when ERCV will be hosting its first in-person indoor Holiday Party since the beginning of the pandemic three years ago! We've reserved a spacious room at the Washington Ethical Society where we can spread out and celebrate together. For safety's sake, we ask that all attendees be fully vaccinated, boosted, freshly tested, and feeling well. I hope to see you there. It should be a lot of fun for everyone!

This month is also a good time to become an ERCV volunteer. We will have an online training on **Sunday, November 20th**, from 2:00 to 4:00 pm. If you are interested in attending the training or

have questions, please let us know right away. After vetting and training, you will set your own schedule and choose the activities you want to do, with the support and gratitude of our ERCV community.

Thanks to everyone in our caring community who reached out to check on me after reading last month's President's Corner. My heart is healthier now and is, of course, full of gratitude.

Finally, I want to express my sadness at the passing of several extraordinary elders in our community, all of whom I was blessed to know. ERCV members David Hamilton, a visionary urban planner and photographer; Georgia Herron, a master science teacher in DC's public schools; and heroic civil rights leader Dan Smith have left us. Our hearts go out to Fannie Hamilton, Carolivia Herron, and Loretta Neumann, and to the many others whose lives they touched and who mourn their passing.

As winter approaches, let us gather in gratitude and joy to celebrate all that is good in our lives. I wish everyone a very happy Thanksgiving!

--David Mackoff



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

Matt Chambers

Evon Ervin

Charlotte Gardner

Judi Geizhals

Gay Gellhorn

Patti Griffith

Magruder Murray

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

info@eastrockcreekvillage.org



IN MEMORIAM. . .

We mourn the recent passing of ERCV members
David Hamilton, Georgia Herron, and Daniel Smith,
as well as 103-year-old Vanilla Beane, DC's Hat Lady.
May their lives, so well-lived, be an inspiration to us all.



ERCV is ACTIVE in our COMMUNITY!



(Lunch Bunch; Sheridan St. Block Party;
Ward 4 Senior Jubilee sponsored by Councilmember Janeese Lewis George)

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.

Check out the Medicare Rights Center's ["What You Need To Know About Medicare Open Enrollment – Fall 2022"](#) now linked to the ERCV website home page, or email info@eastrockcreekvillage.org to ask for a copy. Need help with your Medicare coverage? Call the Medicare Rights Center's national helpline at 800-333-4114.

Have you heard about over-the-counter hearing aids? According to the [National Council on Aging](#):

- On October 17, 2022, the Food and Drug Administration's (FDA) Over-The-Counter (OTC) Hearing Aids ruling went into effect, letting you buy a hearing aid without a medical exam, prescription, or professional fitting.
- OTC hearing aids are designed to treat mild to moderate hearing loss in adults 18 years and older.
- The average price of OTC hearing aids will now be several thousand dollars less expensive than that of prescription hearing aids.

Are over-the-counter (OTC) hearing aids safe? According to the [National Council on Aging](#), the FDA's new regulations for hearing aids are good for consumers.

Among the protections: The FDA calls for OTC hearing aids to have simplified instructions and labeling, user-friendly volume adjustment, a lower maximum volume, and placement that protects against eardrum injury.

Viruses: COVID-19, flu, and now RSV?

Recent media coverage highlights the increase in children hospitalized with [Respiratory Syncytial Virus \(RSV\)](#) infections, but it can also be dangerous for adults, especially those over 65 years old, and people with chronic heart or lung disease or weakened immune systems.

When an adult gets RSV infection, they typically have mild cold-like symptoms. But it can sometimes lead to serious conditions such as pneumonia that may require hospitalization.

There is no vaccine to prevent RSV infection yet, but scientists are working to develop one. Here are some simple steps to take to help keep each other safe: **Wash your hands often, keep your hands off your face, avoid close contact with sick people, cover your coughs and sneezes, and clean and disinfect surfaces.** Here is a useful [RSV Factsheet for Older Adults](#) from the Centers for Disease Control (CDC).

We do have highly effective vaccines for this year's flu and the COVID-19 variants. The Ward 4 COVID Center is still located inside the Peoples Congregational United Church of Christ at 4704 13th St. NW. It provides easy one-stop access to FREE (lower dose) flu and COVID-19 vaccinations, bivalent 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. It's fast, it's easy, & it's important to do!

The Centers 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 higher dose is available for free at area pharmacies. Only the lower dose flu vaccine is available at the COVID Center.

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: DC ballot boxes are open now, but make sure you use the correct box! The correct one will say "Official Ballot Drop Box." Don't accidentally use the "Test Yourself DC" box!



You may drop your voted mail-in-ballot in ANY Ballot Drop Box at ANY time until 8:00 pm on Election Day, Tuesday, November 8, 2022. There are several conveniently located drop boxes in our area, including the Takoma Park Neighborhood Library and the Shepherd Park /Juanita E. Thornton Library. If you need help dropping off your ballot, please call 202-656-7322 or email info@eastrockcreekvillage.org. For more detailed information, please visit the DC Board of Elections. You should have received a ballot by now; if you haven't, call DCBOE at 202-727-2525. Once you have submitted your ballot, you may track it [here](#).

Leaf collection schedule announced: The Department of Public Works (DPW) will provide leaf collection service from November 7 through January 28 to residents who receive DPW trash and recycling services. District households serviced by DPW are asked to rake leaves into the tree box (or at the curb in front of their home where there is no tree box) on the Sunday of the week of their scheduled collection. The schedule for ERCV neighborhoods:

- November 7-12: Brightwood, Shepherd Park, Colonial Village, and North Portal Estates. Rake leaves by November 6 for pick-up.
- November 21-26: Manor Park and Takoma DC. Rake leaves by November 20 for pick-up.



ERCV PORTRAITS – Meet Charlie Daniel



ERCV member Charlie (not Charles) Daniel (not Daniels) is used to people mistaking his name! Growing up in Charlotte County, Virginia, young Charlie wanted to explore new places and experience more than what was available locally.

Just five days after high school graduation, he left his small hometown to pursue higher education and other opportunities. As an undergraduate student at Virginia Commonwealth University, Charlie worked in the campus bookstore to help pay his way while earning his accounting degree in three years. To further expand his horizons, Charlie earned an MBA at Central Michigan University and completed additional graduate studies at George Washington University. In 1974 Charlie landed a job at what was then called the Government Accounting Office (now the Government Accountability Office), where he remained for the duration of his career, finally serving as Assistant Director for Tax Policy and Administration. His job included making tax code recommendations, overseeing audits, and testifying before Congress.

Charlie retired from government service 11 years ago and says he is never bored, since there is always something new to do and learn about! He has traveled extensively, sometimes with family and friends, sometimes solo, to various destinations including Australia, New Zealand, Tahiti, Hong Kong, Rio, Thailand, and all over Europe and the Caribbean. This December he'll be exploring the Dominican Republic and San Martin.

As a lover of the fine arts, Charlie is passionate about the work of playwright August Wilson. He is an inaugural member of a group formed about seven years ago to read Wilson's plays aloud, each person playing a part, and then to discuss the work. It can take a few months to get through one play, since there is so much meaning in each one, and Charlie loves the way the group members interact. In November the group will travel to New York City to see "The Piano Lesson." The group has recently expanded its scope to read plays of other playwrights. Charlie is a member of the [August Wilson Society](#), founded at Howard University to preserve and safeguard Wilson's legacy.

Charlie loves live theater, and attends performances whenever he can. He also enjoys visiting Glenstone and other museums and art galleries and is proud of his own modest collection.

Charlie decided to join ERCV so that he could make connections with peers, as he doesn't have much family in the area and his closest friends have some mobility issues. He himself is quite mobile, as he strives to power-walk 25 miles a week on Beach Drive. He has joined some of ERCV's recent Zoom sessions and hopes come to a lunch outing soon.

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



PLEASE JOIN US FOR ERCV's NOVEMBER 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.*



Tuesdays, November 1, 8, 15, 22, & 29: 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, November 2, 9, 16, 23, & 30: 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, November 3: 12:30-2:00 pm

LUNCH BUNCH GATHERING AT OLIVE LOUNGE



- The weather report looks good for us to enjoy lunch outside on the 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. 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 and 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.
- Register [HERE](#) or by email to info@eastrockcreekvillage.org or call **202-656-7322** so we can save you a seat. And let us know if you need a ride.

Fridays, November 4, 11, 18, & 25: 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.

NOTE: "Fall back" time change happens on Sunday, November 6!



Mondays, November 7, 14, 21, & 28: 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 autumn trees and 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, November 7, 14, 21, & 28: 4:00 pm (Note new time.)

ERCV AFTERNOON WALKERS

- The Monday afternoon walkers will meet at 1309 Floral St. NW, at 4:00 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.
- 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 4:00 pm Monday, she will wait for you to arrive before setting out.

Thursday, November 10: 3:00-4:30 pm

OPEN HOUSE VIA ZOOM

- Join your neighbors and friends to talk about whatever is on your mind – the recent elections, upcoming holidays, ideas for ERCV in 2023. . .
- Register [HERE](#) or by email at info@eastrockcreekvillage.org or call **202-656-7322** with questions.

Thursday, November 17: 3:00-4:30 pm

CELEBRATE ERCV CREATIVES: AUTHOR TALK via ZOOM, SKIP MCKOY, *REUNION IN PARADISE*

- Don't let the pseudonym fool you. . . L.W. Harris is none other than longtime ERCV member Skip McKoy! His recently published third novel *Reunion in Paradise* is an international thriller and family drama set in 2028. Skip takes readers from Washington, DC, to Honolulu, Shanghai, Hong Kong, Havana, and Mexico City.
- Come hear Skip read some of his favorite passages and talk about his writing process and his inspirations. There will be time for Q&A and discussion.
- "L.W. Harris [AKA Skip McKoy] is a DC-based novelist who is a retired public and private sector executive, business consultant, writer, and lecturer. He has been a manager in a Fortune 50 company, the White House, and several local governments. He has lived in Guatemala and traveled extensively in Latin America, East Africa, Asia, Europe and Hawaii. He has a



bachelor's degree from Hamilton College and master's degrees from the University of Pennsylvania and Harvard University. Writing as John H. McKoy, the author has previously published two novels: *Paying to Play in Hong Kong* and *Son of the Maya*."

- Go to [Reunion in Paradise: A Novel by L. W. Harris](#) to read reviews or purchase the book online. Ask the DC Library to order it!
- Register [HERE](#) for the Zoom link to this Author Talk.
- Email info@eastrockcreekvillage.org or call 202-656-7322 if you have any questions

Sunday, November 20: 2:00-4:00 pm

VOLUNTEER TRAINING via ZOOM



- Are you newly retired? Do you have an hour or two a month to help a neighbor? Please consider becoming an ERCV volunteer! Do you know someone who might like to be a volunteer?
- Register for the November training [HERE](#). The zoom link will be sent after a brief screening interview and the needed forms are filled out.
- New volunteers must be at least 18 years old, must complete a 2-hour orientation/training session, undergo a background check, and be fully vaccinated and boosted. A photograph will be taken for an ID badge. Those who plan to be volunteer drivers will have their driving records checked.
- Volunteers may live outside our service area and need not be an ERCV member.
- We need more drivers to offer rides to medical appointments, do light in-home tasks, and give technical assistance. Once trained, you can choose your assignments and set your own schedule. Volunteers can also help behind the scenes to keep our Village strong and growing. Vetted volunteers will be able to get additional online training to become Tech Coaches in the new year.
- Please email info@eastrockcreekvillage.org if you have any questions or want to be trained but can't make this date.
- Click [HERE](#) to view a short video of ERCV Board member Roger Glass describing his experiences as a volunteer.

Thursday, November 24: THANKSGIVING DAY



SAVE THE DATE: Sunday, December 4, 3:00-5:00 pm

ERCV HOLIDAY PARTY!!

- Put your party shoes on and come celebrate the holiday season with your ERCV neighbors and friends!
- We will gather at the Washington Ethical Society at 7750 16th St. NW, Washington, DC 20012 for food and fun!
- For everyone's well-being we will ask that partygoers be fully vaccinated and boosted, be feeling well that day, and take a COVID home test prior to arrival (or one will be provided at the door).
- RSVP [HERE](#) and email info@eastrockcreekvillage.org if you would like to volunteer to help.



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

~ **Chair Yoga via Zoom: Mondays & Thursdays, 4:00-5:00 pm** – Robin Blum invites you to enjoy free, relaxing yoga sessions. Stretch your spine and control your breathing. Release tension and stress. Join class online [HERE](#). Offered by **Capitol Hill Village**.

~ **Oral Health—It's More than a Nice Smile: Thursday, November 17, 5:30-6:30 pm via Zoom** – Dr. Sal Selvaggio DDS shares his extensive knowledge on the importance of oral health for well-being. Sal is a graduate of the Georgetown U. School of Dentistry and completed a General Practice Residency at Providence Hospital in DC. He had a dental practice in DC for 35 years, retiring in 2015, and was a volunteer dentist for the Catholic Charities' Spanish Catholic Center from 1985-2019, serving as President of its Board for six years. To **register** and receive the

zoom link, contact the Georgetown Village office at 202-999-8988 or email info@georgetown-village.org. Offered by **Georgetown Village**.

~ Notre Dame—Restoring an Icon: Tuesday, November 29, 1:00-2:00 pm via Zoom – The devastating fire that engulfed Notre Dame Cathedral in April 2019 destroyed beloved parts of that iconic structure, including the timber roof framework and crossing spire. But other crucial elements, notably the 13th century stone vaults and flying buttress support system, miraculously survived. Join art historian Judy Scott Feldman PhD for a discussion on hard questions of historic preservation and what constitutes a proper reconstruction of this iconic cathedral. RSVP to director@bmavillage.org to receive the zoom link. Offered by **Bethesda Metro Area Village**.

For **[Washington Area Villages Exchange \(WAVE\)](#)** activities in the region, check out their new website.



. . . AND OTHER COMMUNITY EVENTS . . .

Go to [Around Town DC](#) to find classes in technology, art, dance, advance planning, fitness, improv, and much more. Create an account and look at the “In-Person Events” under “Upcoming Events” or email community@iona.org or call 202-459-9634. Sign up for the newsletter while you are there.

~ Technology Tuesday: Tuesdays, November 1, 8, 15, 22, & 29, 11:00 am via Zoom – Learn to take better photos with your smartphone (Nov 1), Google Chrome FUNdamental (11/8), Organize your Iphone & Android apps (11/15), Schedule a meeting using Google, Yahoo, Outlook, & Apple Calendar (11/22), Email FUNdamentals – spam, ads, search, etc. (11/29). Refresh your skills on a variety of topics with B. Milenkovic from the [Labs at MLK library](#). Sign up [HERE](#) for the program to receive the zoom link. Ignore the invitation if that week’s topic isn’t of interest.

~ Discussion Group: Relating to your Grandchildren and their Parents: Thursday, November 10, 3:00 pm via Zoom – Join Susan Orlins, who will facilitate a conversation about communicating with your family. The group will share experiences and suggestions for maintaining open channels and maintaining positive relationships. We all have occasional misunderstandings, and parenting norms have changed. Let’s share suggestions for overcoming these obstacles! Come with an incident you are dealing with or one you dealt with – for better or worse – in the past. Register [HERE](#). Offered by **AroundTownDC**.

-- Our thanks to Shelley Moskowitz, ERCV member and consultant, for compiling news & event updates.



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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!