

DECEMBER 2022

East Rock Creek Village — 202-656-7322

7707 13th St. NW, Washington, DC 20012

info@eastrockcreekvillage.org—www.eastrockcreekvillage.org



PRESIDENT'S CORNER

Joyfully Join Us



Days are short and few between now and the new calendar year. We've made it through so much: world-threatening wars in far-off lands, here at home a Greek alphabet of COVID variants, a hot humid summer, and, most recently, midterm elections (whew!). Now is a good time to take a break and celebrate life with family, friends, and neighbors.

East Rock Creek Village is pleased to kick off the month by hosting its first in-person indoor Holiday Party since the pandemic began almost three years ago. Please come to the Washington Ethical Society on 16th Street & Kalmia on Sunday, December 4th, from 3:00 to 5:00 in the afternoon. We are providing all the food, music, and prizes, but we need YOU there to make it more fun! To be COVID-safe, we ask that all attendees be vaccinated and boosted, feeling well and willing to take a rapid test at home or at the door. Please register [HERE](#) to join us; and do let us know if you need a ride. If you have a little extra time and an inclination to help, we could use a few more volunteers to help with setup and cleanup. (I myself am on the cleanup crew!) Hope to see you there!

This is also the time of year when we gently remind you to **renew your ERCV membership** or encourage you to **become a new member or donor**. Anyone who is over 50 years old and lives in our service area (Colonial Village, North Portal Estates, Shepherd Park, Takoma DC, Brightwood, and Manor Park) may become an ERCV member. Our annual dues are \$200 per household, and subsidies are available. ERCV will not turn anyone away for financial reasons. Everyone is welcome to attend our free wellness, educational, and social events, but only ERCV members may request volunteer services or receive assistance from our social worker, Barbara Scott. (Because of the services offered, ERCV dues are not tax-deductible, but any amount given over \$200 will be.) Even if you currently have no need of services, please consider becoming a

member as a show of support for our organization and mission. If you have any questions, please let me know.

I hope that you had a satisfying Thanksgiving and count the ERCV community among the blessings in your life. I know I do. As the solstice and December holidays approach, let our caring community be a light in the winter darkness. I wish you all good health, a joyous holiday season, and a happy new year!

--David Mackoff



It's not too late. We will save you a seat.
RSVP NOW for our Holiday Party!

Sunday, December 4, 3:00-5:00 pm



**Want to make an end-of-the-year donation or
renew your ERCV membership?**

- ERCV's annual membership dues are \$200 for a household (up to three people over age 50 living in our service area – Brightwood, Colonial Village, Manor Park, North Portal Estates, Shepherd Park & Takoma DC.
- Donations above the \$200 dues level given by ERCV members are tax-deductible.
- Donations given by non-members are fully tax-deductible.
- No one in our service area over age 50 will be turned away for financial reasons. Please pay what you can.

We want YOU to be part of our ERCV community!

Checks may be written to East Rock Creek Village and mailed to:

**ERCV
7707 13th Street, NW
Washington, DC 20012**

or [CLICK HERE](#) to pay online by credit card.

If you are becoming a new member, please include the names, email addresses and birthdates of your household. Feel free to call 202-656-7322 with any questions or concerns.

If you know of any senior in our service area who is facing challenges and needs assistance to purchase food, medicine, or household supplies, please let us know. ERCV can provide help through a generous grant from The Washington Home.



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

Victor Anyaso
Jean Bennett
Sara Gibbs
Roberta Hammond
Wilbert Knight
Mark Longaker
Joe McCormick
Andrea Murray
Fred Schirrmacher
Kathy Schwartz
Clyde Solomon

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

info@eastrockcreekvillage.org



We mourn the passing of Gertrude Redd, a longtime and active ERCV member.
We will miss her and wish her family and friends comfort and peace.



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.

Visit [medicare.gov](https://www.medicare.gov) to compare Medicare plans. For more helpful information, click here to read [AARP's Medicare Open Enrollment Guide](#).

Under Age 65? DC Health Open Enrollment for 2023 is November 1, 2022 – January 31, 2023. [Shop, compare and save on plans that fit your needs and budget](#). Need help choosing a plan? Get free expert help! Call 855-532-5465. [Make an appointment with an Enrollment Center](#), or [Find a Broker or Assister](#).

Flu Shots, Boosters, Masks, and Tests at our COVID Centers: With the holidays upon us, remember that our [DC COVID Centers](#) offer *free* COVID shots, the bivalent booster, flu shots, masks, rapid tests, and walk-up PCR tests. We are fortunate to have a great Ward 4 COVID Center with dedicated staff at 4704 13th Street NW, inside the Peoples Congregational United Church of Christ, that is open six days a week. Be sure to stop by for anything you need to stay healthy!



USEFUL INFORMATION. . .

Winter-ready Supplies: The DC Public Service Commission is giving away free home weatherization items (while supplies last), such as self-stick weather seal, poly foam pipe installation, and window insulation to help neighbors cut energy costs and protect their home throughout the colder months. They're also providing information on utility assistance programs that may be helpful. Please visit one of the [citywide distribution points](#) to pick up your weatherization supplies.

Leaf collection Cycle 2 schedule: The Department of Public Works (DPW) will provide leaf collection service 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:

- **December 5-17:** Brightwood, Shepherd Park, Colonial Village, and North Portal Estates. Rake leaves by December 4 for pick-up.
- **January 2-14:** Manor Park and Takoma DC. Rake leaves by January 1 for pick-up.

Bereavement Support Groups: Widowed Persons Outreach (WPO) offers both a twice-monthly ongoing support group and, twice a year, a six-week structured bereavement group for persons who have been widowed for two years or less. Call 202-537-4942 for more information or go to [Calendar/Widowed Persons Outreach \(wpodc.org\)](http://Calendar/Widowed Persons Outreach (wpodc.org))

Take the Parks at Walter Reed events survey: The Parks at Walter Reed just released their annual survey for neighbors to have a say on what types of events and activities they'd like to see at the Parks this coming year. Take this opportunity to weigh in!

A Community History: Walter Reed: The Parks at Walter Reed has unveiled a fascinating project that traces the history of the Walter Reed Army Medical Center and its surrounding neighborhoods. The project entailed a year of research and engagement, with interviews with more than 115 participants including ERCV member Akbar Sharieff! The result is a comprehensive timeline of Walter Reed that traces back to the opening of Walter Reed General

Hospital in 1909, the influenza pandemic in 1918, the first Easter egg roll on the Great Lawn in 1923, and the decades-long struggle for racial equity on the campus.

Thanks to Ward 4 Councilmember Janeese Lewis George's newsletter for highlighting many timely events and resources. Sign up for her weekly newsletter at www.janeeseward4.com/newsletter/



ERCV PORTRAITS – Meet Ann Castiglione-Cataldo



One of our newest ERCV volunteers, Ann Castiglione-Cataldo, is very enthusiastic about our organization! After a long career in military and civil service, she is glad to finally have the chance to get to know her neighbors better.

Ann grew up in New York State very close to Woodstock. She received her bachelor's degree from Siena College, and then attended Catholic University Law School, where she participated in the school's inaugural interdisciplinary studies program, receiving a JD in Law & MA in Modern European History. She then joined the Army as a Judge Advocate General Officer and worked all over the world, including Honduras, Panama, and South Korea. Ann's work included creating and negotiating international legal agreements, including Department of Defense arms sales and security cooperation across the globe. Ann was a key player in making self-defense weapons available to Ukraine when Russia invaded the Crimea. She also performed extensive in-depth work with Sweden to foster defense partnerships and cooperative development.

In all, Ann has visited 62 countries, spending the most time in Singapore, the United Arab Emirates, Poland, Tunisia, France, and Colombia. One place that she never made it to is Malta, and she would love to visit one of these days.

Ann worked in Latin America for several years with the Army Corps of Engineers, first as a military officer and later as a civilian. It was there that she met and married Walt Ennaco, and they adopted their daughter Cinthia (now 28) from Guatemala

Ann and Cinthia moved to DC in 2001, and Walt came a year later. Her second day here was 9/11, so it was an especially stressful time to be resettling. During her time in DC, she has led international offices in US Aid for International Development, Department of Defense, Department of State, the Army, and the Coast Guard. Ann's final position was as Foreign Affairs Advisor to the Coast Guard. Here she focused on leading a multi-national effort to thwart illegal, unreported, and unregulated fishing, an enormous threat to countries large and small across the globe. Such fishing depletes essential protein sources for small coastal nations, and the workers on the boats are sometimes trafficked, with no chance of escape. Ann is thankful that she had a chance to help reduce this horrible practice.

Now that she is retired, Ann is keeping busy as an ERCV volunteer driver as well as teaching English as a second language to immigrants and refugees. She loves staying physically active with regular workouts and running. Ann and Walt also participate in the ERCV Stronger Memory program and think very highly of the content and format. She is always looking for new opportunities to learn and grow, and especially loves the concept of the Village for social connection. Like the rest of us, she is eagerly awaiting the end of COVID so we can resume in-person gatherings and outings.

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



Hanukkah 2022 begins in the evening of Sunday, December 18,
and ends in the evening of Monday, December 26.

Christmas 2022 is Sunday, December 25,
and the public holiday date is Monday, December 26.

Kwanzaa 2022 in the United States begins on Monday, December 26,
and ends on Sunday, January 1, 2023.



PLEASE JOIN US FOR ERCV's DECEMBER EVENTS —



~ winter sunrise over the Potomac R. ~

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.



Fridays, December 2, 9, 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.

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 (WES), 7750 16th St. NW, for food, fun and prizes!
- 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).

- There is easy street parking available and an accessible entrance.
- RSVP [HERE](#) and email info@eastrockcreekvillage.org or call 202-656-7322 if you would like to volunteer to help or need a ride.

Mondays, December 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.
- 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, December 5, 12, 19, & 26: 4:00 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 4:00 pm Monday, she will wait for you to arrive before setting out.

Tuesdays, December 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. 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, December 7, 14, 21, & 28: 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 okay. You can expect 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, December 15: 3:00-4:00pm

JOIN THE ERCV PROGRAM COMMITTEE -- INAUGURAL MEETING ONLINE!

- Get in on the ground floor to help plan programming for ERCV 2023 and beyond! Shelley Moskowitz, ERCV member, volunteer, and consultant, will take notes and facilitate a brainstorming session with the group via Zoom.
- What creative ideas do you have for music & art programs? Do you want to see more financial & end-of-life planning sessions? More COVID-safe in-person events? What would make you smile and be an active ERCV member?
- Please register [HERE](#).
- Interested, but can't make this meeting? Email info@eastrockcreekvillage.org with your ideas or to set up a time to talk with Shelley.

Thursday, December 22: 3:00-4:30pm

CELEBRATE THE WINTER HOLIDAY SEASON ONLINE OPEN HOUSE

- ERCV is filled with amazing people from a variety of religious, cultural, and ethnic backgrounds. Our Open House is a chance to share stories of holiday traditions or travel, snowstorm memories, or anything else that comes to mind.
- Please register [HERE](#)

Thursday, December 29: 3:00-4:00pm

WINTER HOLIDAYS BINGO!



- Enjoy some hot chocolate or a nice cup of tea while playing online bingo with your friends and neighbors!
- Please register [HERE](#) and get your bingo cards [HERE](#)
- If you need help downloading or printing your cards, please email

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

~ Fire Safety in Your Home: Thursday, December 8, 1:00-2:00 pm via Zoom – DC Fire & EMS Department is committed to keeping our senior residents safe. They have created a program specifically for older adults which addresses fire risk reduction and planning for "what if...?" Please join us for this instructive presentation which will include plenty of time for Q&A. Over 1,200 older adults die each year from fire, the sixth leading cause of death in this population group. As we become older, our fire risk increases. From October 2018 to the present DC has had 31 fire fatalities. Of those, 20 were aged 60+. It's always good to learn new ways to reduce your risk of such a calamity and how to react should a fire occur in your home.

To register, click [HERE](#). Offered by **Foggy Bottom/West End Village**.

~ **Wills, Trusts & Estate Planning: Tuesday, December 13, 5:30-7:00 pm via Zoom** – Michele Zavos, a longtime Brookland resident and estate lawyer for over 40 years, will discuss important documents for life planning, including wills, health care powers of attorney, living wills, HIPAA documents (for the federal law that prohibits disclosure of your prior consent), final arrangement designations, and general powers of attorney (for finances), as well as general information about elder issues and end-of-life planning. Register [HERE](#). Offered by **Brookland Intergenerational Village**.

~ **Technology Enabled Health Care, Dr. Neal Sikka, Thursday, December 15, 5:30pm via Zoom** – Join us as Dr. Neal Sikka will be presenting the first of our Technology Enabled Health Care Series presented by Georgetown Village's Health Care & Programming Committees. This inaugural program will discuss physician practice interactions including patient portals and how to navigate them, how to best use telehealth visits, accessing your records online, Join the Zoom meeting [HERE](#). Meeting ID: 869 6071 4374 Passcode: 579322 Offered by **Georgetown Village**.

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



. . . AND OTHER COMMUNITY EVENTS . . .

~ **ZooLights, National Zoo: 5:00-9:00 pm daily through Dec 31st** – The National Zoo is illuminated by 500,000 LED lights for this year's ZooLights. The nighttime celebration offers live performances, holiday shopping, and seasonal snacks including s'mores. Admission to ZooLights is free, but a special entry pass separate from a daily Zoo pass will be required for all attendees. **Passes released on a rolling schedule:** ZooLights [free entry passes and paid parking passes](#) will be available on a rolling basis two weeks prior to the event night. Additional passes will be released one week out from the event, the day before, and the day of the event. There is a flat-rate parking fee of \$30. *All proceeds from ZooLights concessions and parking sales benefit animal care and conservation science at the Smithsonian's National Zoo and Conservation Biology Institute.*

~ **Spark! Art Fest & Small Business Party: Saturday, December 3, 3:00-7:00 pm** – Join Chevy Chase Main Street and [Ch/Art](#) for a festive day along Connecticut Ave. in Chevy Chase, DC! Participating businesses will have festive specials and activities, and select businesses will host a local artist to create a corridor-wide art and community festival.

~ Holiday Celebration on the Arts Plaza at the Parks at Walter Reed: Saturday, December 3, 5:00-7:00 pm – The Parks at Walter Reed will host a holiday celebration with friends and neighbors as a 20-foot tree and 12-foot menorah are lit and the choir sings holiday tunes. Warm up with hot beverages, fire pits, s'mores, and tasty treats for kids and grown-ups. The Arts Plaza at the Parks is located at 6810 Cameron Drive, NW (by the new dog park). For details and to **RSVP**, click [here](#).

~ Mayor Muriel Bowser's 24th Annual Senior Holiday Celebration: Tuesday, December 6, 10:00 am-2:00 pm – Join Mayor Muriel Bowser and the Department of Aging and Community Living for the Mayor's 24th Annual Senior Holiday Celebration at DC Armory, 2001 East Capitol Street SE. To **register**, click [HERE](#).

~ Warming Winter Cooking with Danielle Cook: Wednesday, December 14, 3:00-4:00 pm via Zoom – Shorter days and longer nights give way to warming dishes and comfort food, while combining great flavor with nutritious ingredients helps stave off winter ailments. Join presenter Danielle Cook this month as she demonstrates how to use a medley of winter vegetables in a Root Vegetable Gratin and pair it with irresistible Pomegranate Glazed Parsnips and Carrots. For details and to **register**, click [HERE](#). Offered by **AroundTownDC**.

~ Courtney's Music Appreciation – the Divine Diana Ross, Part 2: Tuesday, December 20, 4:00-5:00 pm via Zoom – Join Courtney Tolbert one Tuesday a month at 4:00 pm for Music Appreciation and a chance to catch up. Talks will be conducted by Zoom. Once you have registered for Courtney's Music Appreciation talks, you will be included each week on the Zoom invitation (no need to keep registering). Expect the invitation in the morning. Do check your spam, promotions, or junk folders if you haven't received it before the class. To **register**, click [HERE](#). Offered by **AroundTownDC**.

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



ERCV Newsletter Editor: Nancy Foster nfoster14thst@gmail.com

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