

JANUARY 2023

East Rock Creek Village — 202-656-7322

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info@eastrockcreekvillage.org—www.eastrockcreekvillage.org



PRESIDENT'S CORNER

'23 and We



It always feels slightly strange the first time I write (or type) a new calendar year. After the hoopla of New Year's festivities, I'm reminded in prose that one year has passed, and another has begun. My feeling at present is more positive than not: 2022 ended without election-contesting violence, with bipartisan support for an embattled nation half a world away, and without a government shut-down. There aren't any big elections to worry about this year (even though media speculation about 2024 political contests has already started to displace real news). It's a little easier to let worries fade for now and instead enjoy the lengthening days, the lingering festive lights, and the crisp winter air that freshens our neighborhoods.

I want to thank everyone who made ERCV's December Holiday Party such a success, from the party planning committee and all the volunteers who stepped up to help, to all who attended, including our Ward 4 Councilmember, Janeese Lewis George. After three long years, it was wonderful to celebrate together in person! For many it was a chance to see old friends; for others it was their first opportunity to meet friends they have only known through ERCV's online programs. Thanks, everyone, for contributing to the season's joy. (See party photos [HERE.](#))

I am pleased to report that East Rock Creek Village is thriving. Last year, 25 new members joined our community, and we trained 10 new volunteers. ERCV provided over 400 volunteer services (rides, grocery delivery, technology assistance, etc.) and over 300 health/wellness, educational, and social events. We plan to do even more in 2023, with the continuing help of our Volunteer Committee and our new Program Committee. If you have ideas for services, events, or activities you want ERCV to offer, please let us know or, even better, get involved in our volunteer-led Village and help make your ideas happen!

The new year is full of promise, but first we must stay healthy through the winter despite the viral triple threat of COVID-19, the respiratory syncytial virus (RSV), and the seasonal flu. Even simple colds are lingering longer than usual for many. Please visit the Health Information section below and let us know if you need groceries or medicines delivered to you or if you want COVID test kits, KN95 masks, or assistance in getting vaccinations or booster shots. Call us at 202-656-7322. We're here to help.

I want to express my gratitude to Susan Learmonth, one of our organization's founding members, for her many years on ERCV's Board of Directors, at times also serving as Secretary and as Vice President. While Susan is leaving the Board, fortunately for us she plans to stay engaged with our Volunteer Committee and mission. Thank you, Susan!

Lastly, fellow ERCV members, if you haven't already, [please renew your ERCV membership](#). Annual dues are \$200 per household, but no one in our service area will be turned away for financial reasons. (See details below.) Our thanks to the many members who have already renewed and to those who have made end-of-the year donations. We count these as votes of confidence in ERCV and the work we do.

Stay warm and well, my friends. Let's begin 2023 with optimism, renewed vitality, and an appreciation of family, friends, and community. Let's make this a good year for one and all!

--David Mackoff



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

Beth Allaben

Shelley Brazier

Fannie Hamilton

J. Townsend Robinson

Marian Williams

Donnalee Wood

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

info@eastrockcreekvillage.org



ERCV Membership Information

ERCV annual membership dues are **\$200 per household** (up to 3 people over age 50).
Donations from ERCV members **above** the \$200 dues are tax-deductible.
Donations from 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

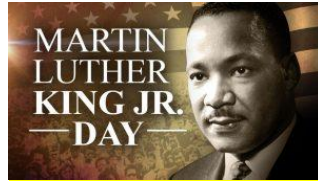
or [CLICK HERE](#) to pay online by credit card.

NOTE: To pay \$200 for membership online, click on the "OTHER AMOUNT" button, then type 200 **without a decimal point** for online payment. If you are a new member, please include the names, email addresses, cell phone and birthdates of your household.
Please 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.

To request assistance or get more information, please email info@eastrockcreekvillage.org or call 202-656 7322.





Monday, January 16, 2023



SPOTLIGHT: Helpful information. . .

Tax Assistance: AARP Foundation Tax-Aide provides in-person and virtual tax assistance to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. We are pleased that three of our East Rock Creek Village volunteers are also trained volunteers in the AARP Tax-Aide Program. If you would like to find out if we can help you, please call the ERCV office at 202-656-7322 or send an email to info@eastrockcreekvillage.org.

Safe at Home 2.0 Program that Helps Residents Age at Home Expanding: The District's Safe at Home program helps older adults with low to moderate income live and age safely in their homes by funding modifications to reduce risks of fall, such as installing grab bars, hand railings, stair lifts, and bathtub cut-outs. Starting this month, Safe at Home 2.0 will also allow participants to voluntarily receive vision screenings, medication management, and evidence-based balance and strength training classes through Home Care Partners and American University.

The new programs will be both virtual and in person at senior wellness centers across DC including **Hattie Holmes Senior Wellness Center, 1324 Kennedy Street NW in Ward 4**. To learn more about the Safe at Home program, visit dacl.dc.gov/safe-home. Click [HERE](#) for more information in the Mayor's press release.

NOTE: ERCV's Case Manager Barbara Scott helps our members identify District and Federal assistance programs that they may be eligible for and can provide help with applications, trouble-shooting issues, and follow-up. Contact the ERCV office at 202-656-7322 to arrange a call or visit with Barbara.

Over Age 70? You are Exempt from DC Jury Duty: Jury service is a fundamental pillar of the justice system. More than 400 residents in DC are called to serve as jurors each week. But you may not know that the District of Columbia has a statutory exemption that allows individuals over a certain age to request exemption from jury duty. [Jurors over 70 years](#)

of age may request, in writing or online, to be excluded from further jury selection. Contact the ERCV office at 202-656-7322 if you have any questions.

Ready to get rid of your Christmas tree? Three things to know: 1) Tree collection starts on the 3rd of January; 2) Trees will be collected from the curb or tree box in front of your home; 3) Remember to remove all decorations. Trees collected by March 3 will be composted! Learn more [HERE](#).



HEALTH INFORMATION . . .

Get free at-home COVID-19 tests this winter: Every US household is eligible to order 4 free at-home COVID-19 tests. Click [HERE](#) or call 1-800-232-0233 to order your FREE at-home tests.

Viruses: COVID-19, flu, and now RSV (Respiratory Syncytial Virus):

There is no vaccine to prevent RSV (Respiratory Syncytial Virus) infections yet, but scientists are working to develop one. Here is a useful [RSV Factsheet for Older Adults](#) from the Centers for Disease Control (CDC).

There are highly effective vaccines for this year's flu and the COVID-19 variants. The CDC recommends that people over age 65 opt for the high-dose flu vaccine, which is available at area pharmacies. 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!

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.

Here is a helpful *New York Times* chart comparing symptoms of these three viruses:

Symptoms	Cold	Flu	Covid-19	R.S.V.
Cough	•••	•••	•••	•••
Difficulty breathing	•	•	•••	••
Fatigue	••	•••	•••	•
Fever	•	•••	••	••
Headaches	••	•••	•••	••
Muscle pain or body aches	••	•••	••	•
New loss of taste or smell*	•	•	••	•
Runny or stuffy nose	•••	••	••	•••
Sneezing	•••	••	••	••
Sore throat	•••	••	•••	•
Vomiting or diarrhea	•	••	••	•
Wheezing	•	•	•	•••

* A stuffy nose may temporarily decrease the ability to taste or smell but it does not cause a sudden, complete loss of these senses. Source: Centers for Disease Control and Prevention



ERCV PORTRAITS - Meet Mike O'Connell



Mike grew up in West Palm Beach, Florida, alongside the alligators. One of his childhood memories is a local swimming hole with chicken wire installed to separate the gators from the kids. As a young man, he worked construction and once had the privilege of doing some work for Joseph and Rose Kennedy. He was impressed by what an active role Rose took in managing the project.

Mike earned a BA in philosophy from the University of Florida and then went to work as a real estate appraiser for a local bank, working his way up to Vice President over the subsequent fifteen years. At that point, Mike went back to the University of Florida to pursue a PhD in economics. He then worked for the Florida state government, forecasting revenue and analyzing tax policies.

In 2005 Mike married Roberta Hammond, who also worked for the Florida state government. He retired in 2011 and came to DC to join Roberta when she accepted a federal government job. They joke that they might be the only retirees to move away from Florida! He loves that there is always something going on in DC. Their Takoma apartment is close to everything, so getting around is easy.

A life-long music lover, Mike enjoys going to shows at Strathmore and the Kennedy Center. After moving to DC, he became an avid guitar player, taking numerous classes at the Levine School of Music as well as attending music workshops such as Hot Jazz Camp in New York City. He would get together with other blues and jazz musicians for informal jam sessions. Sadly, COVID put an end to those gatherings, and he hasn't played in a few years.

Mike and Roberta are devoted fans of the big screen — they were so excited to finally get back to the theater that they saw four movies in two weeks! They also love to travel, and particularly enjoyed a pre-COVID European river cruise down the Rhine. They hope to have the chance to return there one day. A tour of the American southwest is also on the list, not to mention Quebec City.

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



PLEASE JOIN US FOR ERCV's JANUARY EVENTS —



~ Partridgeberries in frost, Rock Creek Park ~

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, January 2, 9, 16, 23, & 30: 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, January 2, 9, 16, 23, & 30: 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, January 3, 10, 17, 24, & 31: 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, January 4, 11, 18, & 25: 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. 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, January 5: 3:00-4:30 pm

ONLINE HAPPY NEW YEAR OPEN HOUSE

- How were your holidays? What are you looking forward to in 2023? Our Open House is a chance to catch up with your neighbors and friends while staying warm and cozy at home.
- Please register [HERE](#).

Thursday, January 12: 3:00-4:30 pm

STRONGER MEMORY BRAIN EXERCISE PROGRAM INFORMATION SESSION



- Members and friends of ERCV are invited to preview and sign up for this free brain exercise online program beginning in early February.
- [StrongerMemory by Goodwin House](#) provides a curriculum designed to stimulate the brain's prefrontal cortex, which governs our ability to retrieve memories. Through consistent use of the three StrongerMemory exercises – doing simple math problems, writing by hand, and reading aloud for a total of just 20–30 minutes each day – StrongerMemory participants all over the U.S. have noticed improvement in their ability to focus, find misplaced items, and remember conversations.
- Check out this [short introductory video](#).
- StrongerMemory is open to anyone interested in practicing a regular program of brain exercise. It is appropriate for those with a diagnosis of mild cognitive impairment as well as those with no cognitive problems. Spouses and other caregivers are encouraged to take part along with participants who may need assistance doing the exercises and using Zoom.
- This Stronger Memory group will include participants new to the program as well as those who have participated in past ERCV StrongerMemory groups and would like to have the support of the weekly check in. Those who signed up for past ERCV groups and received the workbook BUT have not yet actually done the brain exercises are encouraged to join in as well.
- If you cannot attend the introductory meeting or need help with using Zoom, please email info@eastrockcreekvillage.org or phone 202-656-7322 to indicate your interest in participating.

Fridays, January 13, 20, & 27: 3:00-4:00 pm (Note: No class on January 6)

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, January 19: 3:00-4:30 pm

ARMCHAIR TRAVEL: VIRTUAL ART TOUR – Save the Date!

- Topic to be announced in the mid-month calendar
- Melissa Clark, Smithsonian American Art Museum (SAAM) docent, will be our guide.
- Register [HERE](#).

Friday, January 20: 1:00-2:00 pm

JOIN THE ERCV PROGRAM COMMITTEE MEETING ONLINE!

- What creative ideas do you have for music and art programs? Do you want to see more financial and 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.



**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

~ Encore Chorale: begins January 9; and Encore University on January 23 – Encore invites you to sing, volunteer, and share in their mission to spread joy. The next sessions of Encore Chorale (with groups in numerous locations in the greater DC area) begin during the week of January 9; and Encore University (online) on January 23. For more information or to register for a program, visit encorecreativity.org or call 301-261-5747. Members of any of the DC Villages are eligible for a discount at Encore University. Contact **Capitol Hill Village** at info@capitolhillvillage.org or 202-543-1778 to get your discount code.

~ Arthritis: What it is, and exercises that help—Start the New Year with Dr. Janson: Tuesday, January 10, 2:30-3:30 pm via Zoom – The bad news: If you live long enough, the joint aches and pains will find you. The good news: There are exercises that can keep you safely in motion. There's an adage, "Motion is lotion; rest is rust." Whether arthritis is your constant companion

or just an occasional visitor, there is a safe way to stay active with exercise. Join Dr. Janson for an overview of arthritis and then participate in her special exercises. She will demonstrate modifications for those using a walker. (Please note in the comments when you register if you use a walker.) The session will be recorded for repeated use. To register click [HERE](#). Offered by **Foggy Bottom West End Village**.

~ **Oral Health—It's More than a Nice Smile: Wednesday, January 11, 1:00-2:00 pm via Zoom**

— Village Case Manager Barbara Scott hosts this ongoing discussion group. This month, Dr. Sal Selvaggio DDS shares his extensive knowledge on the importance of oral health for well-being. Dr. Selvaggio 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. He is a member and volunteer of Northwest Neighbors Village. Bring your questions and concerns—Dr. Selvaggio will host a Q&A after speaking. To register click [HERE](#). Offered by **Northwest Neighbors Village**.

~ **Andrew Billingsley, PhD, Author Talk—Yearning to Breathe Free: Robert Smalls of South Carolina and his Families: Thursday, January 12, 2:00-3:00 pm via Zoom**

— On May 13, 1862, Robert Smalls (1839-1915) commandeered a Confederate warship, the *Planter*, from Charleston Harbor, and piloted the vessel to cheering seamen of the Union blockade, thus securing his place in the annals of Civil War heroics. Slave, pilot, businessman, statesman, US Congressman — Smalls played many roles *en route* to becoming an American icon, but none of his accomplishments was a solo effort. With *Yearning to Breathe Free: Robert Smalls of South Carolina and His Families*, sociologist Andrew Billingsley offers the first biography of Smalls to assess the influence of his families — black and white, past and present — on his life and enduring legend. In so doing, Billingsley creates a compelling mosaic of evolving black-white social relations in the American South as exemplified by this famous figure and his descendants. To register click [HERE](#). Offered by **Northwest Neighbors Village**.

~ **Navigating Legal Decisions for LGBT Individuals: Friday, January 20, 1:00-2:15 pm via Zoom**

— Join Capitol Hill Village for a one-hour legal planning seminar by special guest Rebecca Geller, Esq. Rebecca will present on topics such as wills, estates, trusts, and other legal matters related to ensuring you and your loved ones are well protected. Attendees will also have the opportunity for Q&A. To register click [HERE](#). Offered by **Capitol Hill Village**.

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



. . . AND OTHER COMMUNITY EVENTS . . .

~ ***A Salute to MLK: The Struggle for Democracy & the Vote — WAMU Public Radio Live Taping:*** Sunday, January 8, 3:00-6:00 pm, 5th floor, MLK Memorial Library, 901 G St. NW – WAMU is hosting a live event to honor the legacy of Dr. Martin Luther King Jr. and current-day social justice activists. This event will have compelling conversations hosted by **Jenn White**, host of *1A*, and **Kojo Nnamdi**, host of *The Politics Hour with Kojo Nnamdi*. Join us to hear from experts on the contemporary state of voting rights and democratic representation. Exclusive after-hour access to the exhibition "Up from the People: Protest and Change in D.C.," featuring two main galleries, "A Revolution of Values" and "D.C. Represented," will open at 5:00 pm for attendees. **Register [HERE](#) by January 7.** This event is free. All registered participants will receive a confirmation email. An edited recording of the event will air on WAMU radio ~~1A~~ on Monday, January 16, at 10:00 am.

~ ***"Just Us" at the National Gallery of Art: weekly on Mondays, 2:00-3:15 pm*** – This program provides interactive, discussion-based experiences for people with memory loss and their care partners. For more information go to <https://www.nga.gov/calendar/guided-tours/just-us.html>. To register, please email access@nga.gov.

~ ***The End of American Democracy: Wednesdays, January 11, 18, & 25, 2:00-3:15 pm via Zoom*** – What would it look like if democracy were to collapse here in the US? Join us for this 3-part interactive online discussion series about the authoritarian threats to our democracy. Our small-group conversations are designed for collaborative exploration. We will focus not on specific factual details, where few of us can be an expert, but on the broader meaning of what is happening as it relates to the prospects for democratic societies. Each of us is an expert about what democracy means for us. Bring your questions, concerns, and thoughts. This 3-part Zoom series will explore ideas together in small group conversations. Register for the series and participate in as many of the programs as you can. The possible topics (subject to change) are:

January 11: What would the end of democracy look like? Let's explore the authoritarian threats to our democracy.

January 18: What are the key processes and institutions that we need to have a healthy democracy? What concerns do you have about the capacity of these processes and institutions to resist authoritarianism?

January 25: Democracy isn't just about a form of government, it's about a way of life in community. How does the rise of authoritarianism affect this broader sense of democracy?

These small-group conversations will be facilitated by the [Interactivity Foundation](#), an organization dedicated to fostering generous and highly participatory conversations where we can help each other consider diverse perspectives, think broadly and deeply about issues, and imagine alternative possibilities for the future. Offered by **AroundTownDC**.

~ **Auction Houses & Appraisals with The Potomack Company: Wednesday, January 18, 12:45-2:00 pm, via Zoom or in person at Satterlee Hall of St. Alban's Church** – The Potomack

Company has been a leading Washington DC auction house for over 16 years. Based in historic Old Town Alexandria, The Potomack Company has an impressive team of specialists with years of appraisal, art advisory, and auction experience. They have expertise in art, jewelry, silver, porcelain, furniture, and much more. Potomack hosts a variety of online auctions throughout the year. For this event, send in a photo of a work or object that you would like to learn more about to lfrumin@iona.org and we will forward those photos to The Potomack Company so that they can have their experts give us more information about your piece. (This will not be an official appraisal.) Let us know how you acquired the item and anything else you can share. **Photos due: Monday, January 9.** The presenters will also talk about how auction houses work and answer some of your questions about the art world. ***You are welcome to bring your item in on the day of the meeting, but please be aware that Iona is not responsible for its safety.*** Email Frances Bucien if you plan to attend the program in person: Fbucien@iona.org. To register to join on Zoom, click [here](#). Offered by **IONA and 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) and The Washington Home for their generous support.



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