

## FEBRUARY 2023

East Rock Creek Village — 202-656-7322

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## PRESIDENT'S CORNER

### Linking Hearts



Our city may have been spared blizzards and frigid temperatures so far this winter, but some of our neighborhoods have been shaken instead by recent gun violence, which has put many of us on edge. There are no simple solutions on the horizon, but at the very least we can keep our eyes open and look out for each other.

One way to make it through both good and challenging times is to connect with others. ERCV is here to help with that, whether you need or are ready to offer a ride somewhere, want to learn something new, or would simply enjoy walking or playing online Bingo with friends. Connect with us.

I hope you will join us as we celebrate Black History Month. On Thursday, February 16<sup>th</sup>, Board member Roger Glass will be talking to DC-based photo-journalist David Ogburn about his new book, *Backstage Pass*. If you'd like to attend, register [here](#).



In addition, our wonderful volunteers will be leading a new multi-week StrongerMemory program this month and, beginning in March, an in-person Otago falls prevention program (ERCV's first in-person class since the pandemic started three years ago).

Our newly-formed Program Committee is also planning some excellent events this year. We already have an ERCV field trip to the Baltimore Aquarium scheduled in March (details below, or you can sign up [HERE](#)), a live jazz event at the Parks at Walter Reed in the works for June, and a community picnic in Rock Creek Park in August. We should have something for everyone.

Finally, I want to thank all the people who have renewed their memberships and/or donated to ERCV. Your generous gifts of time, money, and creativity enable us to keep moving forward; and they certainly make a difference in the lives of our neighbors and friends. Thank you — and, for those who celebrate it, Happy Valentine's Day!

*--David Mackoff*

We mourn the recent passing of Sally Goldman  
and offer our condolences to her family and friends.



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

Jourdinia Brown

Walt Ennaco

Andy Gay

Gloria Gibson

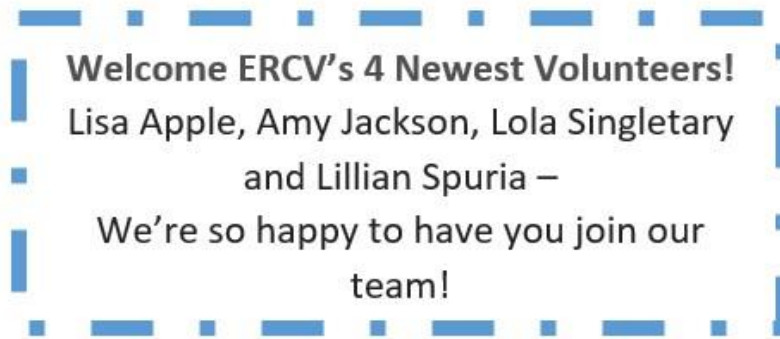
Carroll Green

Mary Johnson

Angela Satterthwaite

**Please let us know if you prefer not to be included  
in our monthly birthday list or if we missed your birthday  
and you would like to be added.**

**Email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org).**



## SPOTLIGHT: ERCV Membership

If you haven't joined ERCV yet or renewed your membership, now is the time! No one in our service area (Brightwood, Colonial Village, Manor Park, North Portal Estates, Shepherd Park & Takoma DC) over age 50 will be turned away for financial reasons! **We want YOU to be part of our ERCV community!** For details on how to join or renew, visit our [WEBSITE](#), call us at **202-656-7322**, or email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org).



## USEFUL INFORMATION . . .

**Tax Assistance:** From February 3 to April 17, [AARP Foundation Tax-Aide](#) volunteers will be available to provide 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.

**Register [HERE](#)** for an **AARP online information session** on Thursday, February 9, from 11:00 am-noon. In Ward 4, services are available by appointment at [Petworth Library](#) on Mondays and Fridays from noon to 4:00 pm (4200 Kansas Ave, NW; call 202-656-1341) and at [Emery Heights Community Center](#) on Tuesdays and Thursdays from 1:00-5:00 pm (5701 Georgia Ave, NW; call 202-643-9263).

If you need help arranging an appointment or need a ride to drop off your material, please call the ERCV office at **202-656-7322** or email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org).

**Take the DC Public Library (DCPL) Survey by February 10:** DCPL is gathering community feedback on the possibility of relocating the Shepherd Park/Juanita E. Thornton Library to the Parks at Walter Reed, retaining the existing site, or moving it to an alternative location. Residents in Shepherd Park, North Portal Estates, Colonial Village, Takoma, Brightwood, Brightwood Park, Manor Park, and other nearby neighborhoods are encouraged to weigh in on this by taking the survey [HERE](#).

**Check out ERCV's YouTube channel** to see video recordings of our Armchair Travel Series, including our January 19<sup>th</sup> installment, *African American Artists from Self-Taught to Modernists*.



## **ERCV PORTRAITS – Meet Paula Blair**



ERCV volunteer and founding member Paula Blair is a self-described “Okie from Muskogee,” as she was born in Muskogee, Oklahoma. She was raised by hardworking parents in rural Kansas and attended Kansas State University. Paula began her professional career with Southern Bell Telephone Company in 1972 in its management development program, as part of an effort to move minorities into management ranks of the behemoth AT&T and the “Baby Bells.” Paula worked for several years in Atlanta and New Jersey, across many operational positions. The 1970s and 80s were a tumultuous time for the telephone business, resulting in the Bell System breakup. Paula weathered the storm and stayed with the newly reconfigured AT&T, where she thrived for many years.

In 1994 Paula was given the opportunity to move to the DC area to open a financial operations center in Manassas, Virginia. Paula knew this was the place where she wanted to settle, following many visits while her daughter attended Georgetown University. A friend introduced

her to the Shepherd Park neighborhood, and she immediately felt at home. In 1998, after twenty-five years with AT&T, Paula took a buy-out and went to work for Pepco, doing large-scale strategic planning. One of the projects she is most proud of is a charity golf tournament that she organized. This annual tournament raises as much as \$300,000 every year to cover the energy bills of people in need. While Paula is not a golfer herself, she is so committed to this endeavor that she still runs the event every year, even after retiring from Pepco in 2009.

Paula's passion is still long-term planning and strategy, as an avid volunteer with her church and as a board member for Iona Senior Services. She says working with people in that capacity makes life richer. For fun, Paula loves to take walks and spend time with her three grandchildren, and to participate in ERCV social activities. She is very pleased with the work done by ERCV, and says the Volunteer Committee should be commended for all they do. Paula thinks we are doing exceptionally well as an all-volunteer organization, with the original vision achieved. Paula worries about the people in our service area who can't or won't take the initiative to ask for help and hopes we can help them become comfortable to do so, whether they feel overwhelmed by technology, isolation, COVID, or other health concerns. She is delighted to have an organization that helps her age well and feel connected to our community!

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



## **ERCV FEBRUARY EVENTS & COMMITTEE MEETING CALENDAR—**



*~ winter moss and ferns, 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 Online Meeting Now** button for easy access. If you have questions, please call the office at **202-656-7322** or email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org).*



Wednesdays, February 1, 8, 15, & 22: 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 14<sup>th</sup> and 16<sup>th</sup> 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](mailto: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!

Wednesday, February 1: 3:00-4:00 pm

### **STRONGER MEMORY BRAIN EXERCISE PROGRAM INTRODUCTORY SESSION**



- This is an online information session and your last chance to learn about and sign up for the new [StrongerMemory](#) brain exercise 12-week program that begins February 8. The exercises are done by participants on their own, but there will be 12 weekly Zoom check-in sessions.
- Register [HERE](#) for this introductory session. You will receive an email with the Zoom link for joining the meeting, plus reminder emails.
- If you cannot attend this introductory meeting or need help with using Zoom, please email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or call 202-656-7322 to indicate your interest in participating. Members, volunteers, and friends of ERCV are all welcome to join in.

Fridays, February 3, 10, 17, & 24: 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](mailto:info@eastrockcreekvillage.org) with questions about Zoom and to receive reminder emails each week.
- Here is the [Zoom link](#) to join the class. (The link is the same each week.) Meeting ID is 8562 878 5908 and passcode is 618672.

Mondays, February 6, 13, 20, & 27: 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](mailto:info@eastrockcreekvillage.org) if you would like to receive an email reminder on Sunday evening.

Mondays, February 6, 13, 20, & 27: 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](mailto: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, February 7, 14, 21, & 28: 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](mailto:info@eastrockcreekvillage.org) or call 202-656-7322 for more information and the Zoom link.



Thursday, February 9: 3:00-4:00 pm

### **FEBRUARY FUN BINGO via ZOOM**



- President Harry Truman once famously said, "If you want a friend in Washington, get a dog." Our bingo cards will celebrate both Presidents' Day and Valentine's Day with beloved White House pets!
- Win sweet treats and have fun with your neighbors and friends.
- Register [HERE](#) for the Zoom link and click [HERE](#) to get your 2 bingo cards.
- Email [info@eastrockcreekvillage.org](mailto: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.

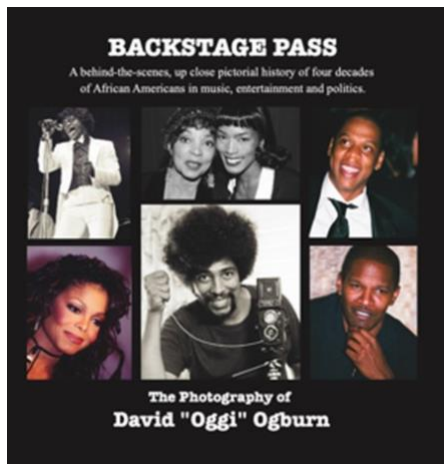
Friday, February 10: 1:00-2:00 pm

### **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](mailto:info@eastrockcreekvillage.org) with your ideas or to set up a time to talk with Shelley.

Thursday, February 16: 3:00-4:30 pm

### **ARMCHAIR TRAVEL SERIES: THE PHOTOGRAPHY OF DAVID "OGGI" OGBURN**



- Celebrate Black History Month by joining ERCV Board member Roger Glass as he interviews DC-based photo-journalist David "Oggi" Ogburn about his new book, ***Backstage Pass: A behind-the-scenes, up-close pictorial history of four decades of African Americans in music, entertainment and politics.***
- Ogburn's career was launched in the early 1970s as the photographer for WHUR-FM and for several major record labels. He has gone on to photograph hundreds of the men and women who helped shape America's social, cultural, and political landscape from the 1970s through the early 21<sup>st</sup> century.
- Roger collaborated with David Ogburn on this hardcover, 124-page book. It contains more than 200 images of such cultural icons as Bob Marley, Stevie Wonder, Whitney Houston, Muhammad Ali, Beyoncé, Jamie Foxx, Coretta Scott King, Nelson Mandela, Michael Jackson, Dick Gregory, Denzel Washington, Will Smith, Nancy Wilson, and many others.
- Register [HERE](#) to receive the Zoom link.



Tuesdays & Thursdays beginning March 7, Shepherd Park/Juanita E. Thornton Library, 1:00-2:00 pm

### **OTAGO FALL PREVENTION EXERCISE CLASS IN-PERSON!**

- Otago is a series of 17 strength and balance exercises that can reduce falls in frail older adults. ERCV is planning an 8-week class beginning March 7 and ending April 28. If you are concerned about falling, this may be the class for you!
- This will be our first in-person Otago class since the pandemic. Participants will be required to wear a mask during the in-person classes.
- There will also be a once-a-week Zoom class available.
- For more information contact [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or call Susan Learmonth at 202-271-1309.

**SAVE THE DATE:** Monday, March 13: 8:45 am-4:00pm

### **VILLAGE FIELD TRIP TO BALTIMORE AQUARIUM WITH BOB LEARMONTH**

- Join us for a trip to the Baltimore Aquarium. Entrance tickets will be free and ERCV member and Aquarium diver Bob Learmonth will give us a look at how the fish are fed and what he does as a volunteer diver.
- There is so much to see that it can't be done in one trip, but some highlights include:
  - The Atlantic Coral Reef, where Bob is a diver, has nearly 100 species of colorful tropical fishes, a blacknose shark, and two green moray eels.
  - Other highlights are the Dolphin Experience where visitors can watch these intelligent, playful marine mammals and observe them as they learn, play, and interact.
  - There is also an exhibit of jellies called the Jellies Invasion showing these beautiful and diverse invertebrates and how they are changing the balance of the earth's aquatic ecosystems.
- More details to come. If you are interested in joining this field trip, please sign up [HERE](#), or email [info@eastrockcreekvillage.org](mailto: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](https://DMVVillageEvents.org)

**~ *Coping with Uncertainty – Village Discussion Group: Wednesday, February 1, 1:00-2:00 pm* –** Village Social Worker Barbara Scott leads a discussion on coping with uncertainty. Join the program by clicking [HERE](#). Prefer to join us by phone? Dial +1 301 715 8592 Meeting ID: 899 8517 0362; Passcode: Connected; Offered by **Northwest Neighbors Village**.

**~ *Vivo Exercise Class for Village Members: Mondays, February 6 & 13, & Fridays, February 3, 10, and 17, 10:00 am via Zoom* –** The Village to Village Network is sponsoring FREE Vivo exercise classes on Zoom exclusively for Village members through February 17. Each 45-minute class will provide a warm-up, balance exercises, exercises to build your muscle strength, and a dual-task exercise: an exercise that will challenge your brain health. The class concludes with a cool-down and stretching. No equipment is needed, but feel free to bring weights or resistance bands if you have them. Most of all, Vivo classes are fun, will leave you feeling energized and stronger, and you will get to meet other Village members from across the country! To **register**, go to [www.vtvnetwork.org](http://www.vtvnetwork.org); click on the calendar tab; go to the date of the Vivo class; click on the date; and follow the registration process. You don't need a username or password. Just enter your contact information and email, and a Zoom link will be sent to you. Offered by the **National Village to Village Network**.

**~ *Living with Hearing Loss: Thursday, February 9, 7:00-8:30 pm via Zoom* –** This is an Age Well Event led by Russell Misheloff with the Hearing Loss Association of America – DC Chapter. Learn all about hearing loss: who has it; common misconceptions; denial and avoidance; what to expect when visiting a hearing professional; what hearing aids do and don't do; hearing assistive technology and communication strategies — dealing with situations that people with hearing loss find especially difficult (e.g. telephone, TV, groups, public venues); new over-the-counter hearing aids — are they different? are they for you? **Register** [HERE](#) or call 202-658-5958 for support. Offered by **Greater Brookland Intergenerational Village**.

**~ *From Slave Ship to Harvard: Yarrow Mamout and the History of an African American Family, author talk: Thursday, February 16, 5:30-6:30 pm, online* –** Join us for this informative presentation by historian and lawyer Jim Johnston, author of this book about a formerly enslaved African entrepreneur and property owner in Georgetown. Johnston's work details the little-known but fascinating life of Yarrow Mamout, a man who came to Maryland on a slave ship, won his freedom, and became perhaps the most prominent African American in

Washington in the early 1800s. To **register** for this program, which is free and open to the community, click [HERE](#). Offered by **Georgetown Village**.

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



## . . . AND OTHER COMMUNITY EVENTS . . .

**~ *Listen As We Climb, Councilmember Janeese Lewis George Ward 4 Listening Tour: Thursday, February 2, 6:30 pm, Online*** – Join Councilmember Janeese Lewis George for her 3<sup>rd</sup> annual Ward 4 listening tour. In January, she held in-person discussions in each neighborhood to help shape the legislative, oversight, and budget priorities for her work on the DC Council. The final session will be held online on Thursday, Feb. 2 at 6:30 pm online. All are welcome! Click [HERE](#) to **register** or call 202-724-8052, and please spread the word to your neighbors!

**~ *Hattie Sewell and the Peirce Mill Teahouse: A Virtual Conversation for Black History Month: Thursday, February 16, 3:00-4:00 pm*** – In 1920, Rock Creek Park awarded a contract to run the teahouse at Peirce Mill to an African American woman named Hattie Sewell. But a prominent neighbor's racist complaints forced Sewell to leave Peirce Mill in the fall of 1921. In honor of Black History Month, Angela Kramer from the Friends of Peirce Mill will discuss fascinating new information recently uncovered in the National Archives, including the original letter Hattie Sewell wrote to Rock Creek Park in November 1919! **Register** [HERE](#). Offered by **Around Town DC**.

**~ *Maryland Freedom Seekers on the Underground Railroad: Wednesday, February 22, 3:00-4:00 pm via Zoom*** – Maryland was the starting point of many unsung heroes of the Underground Railroad. Freedom seekers embarked on the perilous journey from slavery to freedom in whatever way they could. In their adventures, these freedom seekers used initiative, determination, and courage. These qualities served them well as they achieved freedom. **Jenny Masur** is a native Washingtonian who tells their stories. She worked for seventeen years for the National Park Service as national capital region manager for the National Underground Railroad Network to Freedom. Her doctorate is in anthropology, and her interest in individual lives dates from the book *Jewish Grandmothers*, which she coedited while in graduate school. For details and to **register**, click [HERE](#). Offered by **Around Town DC**.

**~ *Monthly Gratitude and Joy Circle: Monday, February 27, 3:00-4:00 pm*** – Join Iona's Around Town DC "Gratitude and Joy Circle," a fun and effective way to raise your spirits. The group will be meeting the fourth Monday of the month. The April 25 meeting will be a boxed lunch at Iona Senior Services outside at **noon**. To **register** click [HERE](#). Check out Around Town DC's full February calendar of activities [HERE](#).

~ **Reframing the Narrative: Blacks in Ballet, The Kennedy Center Video-On-Demand** – Eleven black dancers from historically white ballet companies were commissioned by the Kennedy Center to create and perform a brand-new ballet in just two weeks. This is their story. . . Guest curator Theresa Ruth Howard facilitated a two-week creative process through Kennedy Center Social Impact Office Hours Residency Center Program with renowned choreographer Donald Byrd. . .to birth this stunning piece. Click [HERE](#) to watch this 18-minute video. Access all the Kennedy Center’s digital programming [HERE](#).

-- 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!