

MARCH 2023

East Rock Creek Village — 202-656-7322

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PRESIDENT'S CORNER

Springing Forward



Rumor has it that spring may come a little early this year. I've already noticed some trees beginning to bud in our neighborhoods, but, given recent fluctuations between unusually warm days and cold, sleety days, the blossoms will have to be hardy. Happily, we can also look forward to an extra hour of sunlight starting Sunday, March 12th, when our clocks spring forward and Daylight Saving Time begins. The extra light in our days will be quite welcome – and a sure sign of spring.

There are also signs of change in how the COVID-19 virus will be handled this spring and in the future. The government-declared national health emergency, which provided resources for testing, vaccinations, and booster shots, is winding down and is expected to end by mid-May, after which COVID-19 will be officially considered a seasonal illness rather than a pandemic crisis.

At ERCV we are taking our first steps towards this “new normal” by restarting in-person classes and indoor events. There are still spots open to join our Otago fall-prevention exercise class that will be held upstairs at the Shepherd Park/Juanita E. Thornton Library. We also have places open for our Monday, March 13th field trip to the Baltimore Aquarium. Thanks to ERCV member and volunteer Bob Learmonth, we have complimentary tickets! ERCV will provide rides to those who need them. The only thing not free, as the saying goes, is lunch.

Our online programs are still alive and well. Come celebrate St. Patrick's Day a day early with Shamrock Bingo on Thursday, March 16th, and enjoy Armchair Travel to Bryce Canyon and other wonders out west with ERCV volunteer and master photographer Ralph Blessing on Thursday, March 30th.

We at East Rock Creek Village always want to learn what we can about our members. We already know ERCV's membership is blessed with many wonderful, interesting individuals (the member featured in this month's *ERCV Portraits* being only the latest example), but now we would like to learn about our Village members' hidden creative talents. **Are you a visual artist, crafter, writer, musician, dancer, or performer?** We would like to offer you an opportunity to share your artistry. Please help us highlight you and connect you to fellow creatives by taking our [brief survey](#). Special thanks go to Rima Shaffer, an ERCV volunteer and a talented artist herself, who is leading this project.

I look forward to the coming season, as our hardy Village and its members continue to blossom. I look forward to getting to know more of my fellow Village members and supporters and seeing how and what we can all grow together. Here's to spring!

--David Mackoff



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

Eugene Davis
Peter Kramer
Judith McCullough
Stan Sloss
Doris Spruell
Lee Tyner

**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.



SPOTLIGHT: CALLING ALL CREATIVES!

We know ERCV is blessed with many talented people. We want to feature your work and talents and we don't want to leave anyone out. Please help us find you by completing this [brief survey](#). Special thanks go to Rima Shaffer, ERCV volunteer leader & talented artist, for leading this process.



COVID-19 Update

The Biden administration plans to end the COVID-19 national and public health emergencies on May 11. It marks a shift away from responding to the pandemic as a national crisis and instead managing the virus more like a seasonal respiratory disease.

As of March 1, DC Health is no longer providing the COVID-19 Test Yourself DC self-service kiosk program and rapid test distribution at libraries and senior centers. DC Health continues to operate a **Ward 4 COVID Center at 4704 13th Street NW** inside the Peoples Congregational United Church of Christ. Every day except Sundays, it provides one-stop access to free vaccinations, boosters, take-home rapid antigen tests, PCR tests, and KN95 masks. For hours of operation, click [HERE](#) and scroll down to see Ward 4 hours. These services will likely end in May.

ERCV can still help you get vaccinated and boosted and can deliver rapid tests and two K95 masks to any ERCV member or volunteer and their household members while our supplies last. Please email info@eastrockcreekvillage.org or call us at 202-656-7322 to make any needed arrangements.

Free tests by mail from the government are available again! Click [here](#) to order more or go to <https://www.covid.gov/tests>

If you have tests at home with a 2022 expiration date, go to [At-Home OTC COVID-19 Diagnostic Tests | FDA](#) to see if the expiration dates have been extended.

If you have Medicare Part B coverage, you can get up to eight Covid tests per month FREE from participating pharmacies. See details [here](#).



USEFUL INFORMATION . . .

Tax Assistance: Through 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.

DC residents can [make an appointment for tax assistance](#) by calling 202-656-1341 and leaving a message or sending an email to 2051013@aarpfoundation.org. There is no income requirement but please note that AARP cannot prepare your tax return if you: a. Held digital assets (e.g., Bitcoin) at any time during 2022; b. Earned income from rental housing; or c. Lost money from self-employment.

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.

Ward 4 Drop Off Locations:

- Petworth Library: 4200 Kansas Ave. NW, Mondays & Fridays: noon–4:00 pm
- Emery Heights Community Center: 5701 Georgia Ave. NW, Tuesdays & Thursdays: 1:00-5:00 pm

At drop-off sites you visit a Tax-Aide site and leave your tax documents with an IRS-certified volunteer. Your tax return is prepared by Tax-Aide volunteers working remotely. During a second visit, you work with a volunteer to finalize your return and file it. You leave with a printed copy of the return and your original documents.

Boosting Health as You Age: Check out the National Institute of Health's Institute on Aging [Tips to Boost Your Health as You Age](#) or visit www.nia.nih.gov/healthy-aging.

Explore new reads with Wowbrary: DC's Public Library is constantly adding new books and resources to their collections. Wowbrary is a weekly newsletter which organizes their new books, movies, and music, and puts it at the top of your inbox. Find out which titles are among the most popular choices at DC Public Library for your favorite genre – or a genre you've never read before. Sign up for Wowbrary [HERE](#).

Upper Georgia Avenue Main Street Community Art Survey: Closes Friday, March 3. Give input on a public art project that will add decorative artwork to traffic control boxes on Georgia Avenue NW around the intersections of Eastern Avenue, Kalmia Road, and Alaska Avenue. This project will bring color and vibrancy to the north end of our Main Street, which acts as the gateway into DC for many commuters, shoppers, business owners, and neighbors.

Upper Georgia Main Street is seeking public input on the THEME of the artwork, which will eventually be used to gather artist submissions for the project. Take the brief survey [HERE](#).

Department of Parks and Recreation (DPR) to Expand Community & Rec Center

Hours: Neighborhood recreation centers like Petworth and Fort Stevens will soon stay open from 12pm-8pm on weekdays. Community centers will also see expanded hours, from 9am-9pm on weekdays and 9am-5pm on Saturdays. DPR will begin expanding operating hours in early March and fully implement these changes by June. Thanks to Councilmember Janeese Lewis George for her advocacy and for this update.



ERCV PORTRAITS - Meet Shirley Thompson



Growing up in Kalamazoo, Michigan, Shirley Thompson had a goal to expand her horizons. She dreamed of going to college far away, but for various reasons she ended up at Kalamazoo College. It turned out well, though – she had the opportunity to study abroad in Sierra Leone, and she met a nice young man named Clyde, who would later become her husband of 44 years and counting.

After graduation, Shirley came to DC and soon joined the Peace Corps, taking her to Bénin and Togo, where she learned French and taught English. After completing that assignment, she was inspired to seek a master's degree in linguistics from the University of Michigan. Over her career, she taught at George Washington University, American University, the University of Maryland, and the University of St. Louis in Sénégal. She also worked part-time in training Peace Corps volunteers.

In the early 2000s Shirley and a colleague developed the [Color Vowel Chart](#) and later launched a teacher training business, to help non-native English speakers improve their spoken English. The Chart “is a collection of powerful brain-based strategies for discovering, practicing, and

mastering the rhythm and sound of English.” She would love to see it become as commonplace as the periodic table of elements!

Nowadays Shirley is mostly retired and has developed a passion for painting. She started out doing representational works and has more recently delved into creating abstract pieces. She has shown and sold paintings at the Friendship Heights Village Community Center and Kefa Café in Silver Spring. She tries to keep it as a fun hobby and stress reliever, rather than a career, as framing and preparing for exhibits is a lot of work and not nearly as fun as creating the works themselves. She is currently working on two pieces for a show in March, in celebration of Women’s History Month. If she decides to have an Open Studio, all of ERCV will be invited!

Shirley and Clyde raised two children in their Takoma DC home, and are currently raising one of their five grandsons. She observes that having a 17-year-old in the house certainly keeps things lively!

Shirley has enjoyed participating in ERCV’s Stronger Memory and Armchair Travel programs, and hopes to be able to attend more events, in person or online, in the future. She is thankful that she and Clyde do not need services but is glad to know the Village is here in case their needs change.

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



ERCV MARCH EVENTS & COMMITTEE MEETING CALENDAR—



~ camellia, Shepherd Park garden ~

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.*



Wednesdays, March 1, 8, 15, 22, & 29: 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!

Fridays, March 3, 10, 17, 24, & 31: 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.

Mondays, March 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 if you would like to receive an email reminder on Sunday evening.

Mondays, March 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 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 & Thursdays beginning March 7, Shepherd Park 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!
- There are still openings to join our first in-person Otago class since the pandemic. Susan Davis will teach on Tuesdays and Linda Glass will teach on Thursdays. Participants are invited to attend Antonia's online Otago class that will now be on Fridays at 1:00 pm via Zoom – see separate calendar listing.
- In-person participants will be required to wear a mask during classes. Ankle weights are encouraged, but not required. The class will be held upstairs at the library which is accessible by elevator or stairs and there will be an air purifier in the room.
- For more information contact info@eastrockcreekvillage.org or call Susan Learmonth at 202-271-1309.

Wednesday, March 8, 15, 22, & 29: 3:00-4:00 pm

StrongerMemory BRAIN EXERCISE WEEKLY CHECK-IN

- The StrongerMemory group participants will share their progress at weekly check-in meetings via Zoom. Group members will receive the link and directions on how to join by phone.
- If you have questions or need assistance, please email info@eastrockcreekvillage.org or call 202-656-7322.

Fridays, March 10, 17, 24, & 31: 1:00-2:00 pm [NOTE: new day & time]

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.



Sunday, March 12 – **DAYLIGHT SAVING TIME**

Monday, March 13: 8:45 am-4:00 pm

VILLAGE FIELD TRIP TO BALTIMORE AQUARIUM WITH BOB LEARMONTH

- Thanks to ERCV member Bob Learmonth, who is a volunteer diver at the Baltimore Aquarium, we have 12 FREE tickets for ERCV members and friends. He will be feeding and caring for the fish while we are there! **There are still open spots for this field trip.** Please register [HERE](#) by Monday, March 6.
- ERCV is providing car rides to all, and free admission. Participants will pay for their own lunch (~ \$18) at the Aquarium lunchroom or at nearby restaurants. Each carload can decide how long they want to stay.
- There will be a significant amount of walking; wheelchairs will be available.
- There are many wonderful exhibits at the Aquarium, including dolphins and jellies, rain forests, and Australia. Aquarium educators sometimes bring out an animal for a talk and there is also a nice gift shop at the Aquarium.
- If you are interested in joining this field trip, please sign up [HERE](#), or email info@eastrockcreekvillage.org or call 202-656-7322. If this field trip fills up (and goes well), more field trips to the Aquarium will be planned.



Thursday, March 16: 3:00-4:00 pm

ST. PADDY'S DAY SHAMROCK BINGO via ZOOM



- Wear something **GREEN!**
- 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 or call **202-656-7322**

if you have any questions, and let us know if you need your bingo cards printed and delivered.

Friday, March 17: 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.

Sunday, March 19: 2:00-4:00 pm

ERCV VOLUNTEER TRAINING VIA ZOOM



- Are you newly retired? Do you have time to drive a neighbor to the grocery store or to a doctor's appointment? Would you be able to deliver bingo prizes or change a member's lightbulb? Or maybe you would enjoy making a friendly check-in call to someone living alone.
- Or maybe you want to help with the newsletter or planning events.
- East Rock Creek Village is a volunteer-run local nonprofit organization, and we need YOU!
- All ERCV volunteers must be trained and vetted. Our next training will be via Zoom on Sunday, March 19, from 2:00-4:00 pm.
- To sign up, click [HERE](#). If you are interested or have questions, please contact [Susan Learmonth](#) or call 202-271-1309.

Thursday, March 30: 3:00-4:30 pm

ARMCHAIR TRAVEL SERIES: SOUTHWEST WONDERS WITH RALPH BLESSING

- Ever wish you could just wiggle your nose and be on the rim of the Grand Canyon in Arizona? Joining our online photographic tour of Southwest Wonders with Ralph Blessing is the next best way to go!
- Ralph will share stories and his gorgeous photos from a trip he and his wife Debby Thomas took last year.
- They spent a little over two weeks in our country's Southwest, initially at the north rim of the Grand Canyon, followed by one day at the Antelope (slot) Canyon in Navajo territory, before crossing into Utah to visit two of that state's many national parks: Zion and Bryce Canyon. Along the way, the scenery was nearly as fabulous as in the parks, and the small towns were fascinating in their own way.
- Register [HERE](#) to receive the Zoom link.



Check out [ERCV's YouTube channel](#) to see video recordings of our Armchair Travel Series, including our Feb 16th Black History Month session: *Back Stage Pass* with Roger Glass' interview of photo-journalist David "Oggi" Ogburn!



**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

~ **Caregiver Support Group for Men: Mondays, March 6 & 20, 3:00-4:00 pm via Zoom** – The Caregiving Support Group for Men that met for the first time on Feb 15 would like to try an **every-other-week** schedule on **Mondays at 3:00**. We're going to schedule just a couple of

meetings at a time until they find their groove, at which point we'll schedule out further. New participants are 100% welcome but must register separately for each of the next two meetings. Folks can join day-of without registering but won't receive reminders or any change notices. **Register** for March 6 [HERE](#). **Register** for March 20 [HERE](#). Anyone who needs help can call CHV: 202-543-1778. Offered by **Capitol Hill Village**.

~ **Discussion & Tour of "Emmett Till & Mamie Till-Mobley: Let the World See" and "Mothers of the Movement" Exhibits: Tuesday, March 7, 2:00-3:00 pm, MLK Library** – The Martin Luther King Jr. Memorial Library is sponsoring a traveling exhibit which tells the story of Emmett Till and his mother in the context of the larger Civil Rights Movement, as well as an exhibit, Mothers of the Movement, which highlights women in our region who lost their children to violence and raises awareness of this ongoing issue. Attendees will meet in Marianne's Café of the Great Hall on the first floor of the library located at 901 G Street NW. MLK Library is free to all. To **register** click [HERE](#). Offered by **Foggy Bottom/West End Village**.

~ **Coping with Uncertainty—Downsizing: Wednesday, March 8, 1:00-2:00 pm via Zoom** – Village Case Manager Barbara Scott will moderate the Coping Group's discussion with Courtney Posch from Graceful Transitions, which provides a comprehensive array of services to coordinate and oversee every aspect of the downsizing and moving process. **Register** [HERE](#). Offered by **Northwest Neighbors Village**.

~ **The Aftermath: The End of the Baby Boom's Effect on Politics and the Economy: Tuesday, March 14, 11:00 am-12:00 pm via Zoom** – *Washington Post* columnist Philip Bump will discuss his new book, which is a sweeping assessment of how the baby boom created modern America, and where power, wealth, and politics will shift as the boom ends. Writing with a light hand and deft humor, Bump helps us navigate the flood of data in which our sense of the country now drowns. **Register** [HERE](#). Offered by **Northwest Neighbors Village**.

~ **Opening Ceremony of the National Cherry Blossom Festival: Saturday, March 25, 5:00-6:30 pm, Warner Theater** – The DC Villages have been invited to the National Cherry Blossom Festival's opening ceremony. We will be getting 50 tickets from the event committee. The National Cherry Blossom Festival's signature Opening Ceremony is an artistic celebration of the 1912 gift of trees from Tokyo to Washington, DC, and an annual tribute to the longstanding friendship between Japan and the United States. This unique, one-time-only event will feature special performances from acclaimed artists with ties to both countries. Contact the ERCV office at info@eastrockcreekvillage.org or call 202-656-7322 to get more information.

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



. . . AND OTHER COMMUNITY EVENTS . . .

~ **Tech Tuesdays: Tuesdays, March 21 & 28, 6:00-7:00 pm via Zoom** – Intro to Library of Congress website/resources on March 21 and goDigital with DC Public Library- Kanopy (movies) on March 18. [Join here if you haven't been participating in these great workshops.](#) Offered by **Around Town DC.**

~ **Maintaining Your Memories as you Clean Out Your Clutter: Thursday, March 9, 3:00-4:00 pm via Zoom** – Many of us live with unfinished projects, piles of papers, and disorganized drawers. It's spring which can motivate us to get started. But how do we get the job done? And how do we let go of items with good memories attached? Author and teacher Dale Brown will tell you her success story and share the tips she learned from experts. Learn to let go of your things and keep the memories and comfort that they provided. For details and to **register**, click [HERE](#). Offered by **Around Town DC.**

~ **Understanding Your Mental Health Benefits: Access & Equality for Seniors: Wednesday, March 15, 12:30-1:30 pm, Hattie Holmes Senior Wellness Center or online via WebEx** – Join us for a forum on mental health parity in the District, for seniors, their families, and professionals who serve adults aged 60 and above. Hear from experts at DISB, the DC Department of Behavioral Health, the DC Behavioral Health Association, and the National Association of State Mental Health Program Directors. Our panel of experts will address Mental Health Parity and Addiction Equity Act (MHPAEA) requirements, access to equal treatment for mental health and addiction services, and appropriate insurance coverage. The event is designed to provide District seniors, their families and caretakers, and human service professionals with information about mental health parity and what it seeks to address. **Attend in-person:** Hattie Holmes Senior Wellness Center, 324 Kennedy Street NW; or **Online:** To **register**, click [HERE](#).

Visit the POSITIVE AGING [website](#) for a wealth of free resources on aging.

You can watch/listen to videos of past programs, and click to **register** for upcoming programs.

Topics include such themes as solo aging, home maintenance and aging in place, caregiving, understanding the costs of a Continuing Care Retirement Community, and many more.

-- 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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and bookmark the following link, all your eligible shopping will benefit us:

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Thanks!