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⚙️ APRIL MID-MONTH UPDATE ⚙️



~ spring beauties, Rock Creek Park ~



Downsizing in DC: Donating Clothes, Books and More

--By Carter Ross, DC Villages Consultant

April is the time for spring cleaning. This is the first of three articles on downsizing items in your home.

Whether you're moving to a smaller home, looking to reclaim space in your apartment, or just feeling like you're ready to get rid of a few things, downsizing and decluttering can be a daunting task. Emotionally, it can be hard to part with long-held

items, but beyond that there are social, environmental, and practical reasons to find a destination other than the landfill.

Often the simplest solution is to donate usable items to a charity that can resell them. The District's Department of Energy & Environment [Reuse DC](#) website includes a list of [donation pick-up services](#) that operate in the city. These include familiar names like Goodwill, The Salvation Army, and Vietnam Veterans of America, along with local groups like Mary's Center and FurnishHope DC. Each service has specific rules and guidelines about what it can accept and how to arrange and manage pickup, so be sure to read them carefully to ensure your items will be accepted. In most cases, you can receive a receipt for the donation, allowing you to deduct the contribution on your taxes.

Reuse DC also has a searchable directory of thrift stores, consignment shops, and other business that might be willing to accept donations of clothing, household goods, furniture, books and other items in good condition. Torn, stained or dirty clothing, along with broken items, should not be thrifted.

If you are wanting to pass along books, some chapters of [Friends of DC Library](#) accept books and media donations for their fundraising activities. Check with your local branch's Friends group to see if and when they will accept such donations. Another option is a [Little Free Library](#). These often colorful boxes are set up in parks and front yards, giving people the opportunity to take or drop off books. You [can search for a local one](#) or even start your own! Remember to be polite and only add books that others might be interested in (no out-of-date technical manuals, for instance) and if a Little Free Library is already full, don't try to cram in extra books ... spread them around among several boxes.

If you are an ERCV member who would like help organizing items for donation, you may request a volunteer by contacting the office at info@eastrockcreekvillage.org or calling 202-656-7322.



USEFUL INFORMATION ...



Curbside Composting Pilot Program

Sign-ups will open on April 22, 2023 at 9 am

Starting Summer 2023, the Department of Public Works' Office of Waste Diversion will launch the Curbside Composting Pilot Program, which will provide curbside food waste collection from 12,000 single-family households in the District of Columbia for one (1) year. Interested households must sign-up to participate in the Curbside Composting Pilot Program. Up to 1,500 households within each of the city's eight wards will be selected on a first-come, first-served basis. More information about how it will work and who is eligible are available on the [Zero Waste DC website](#).



Upcoming ERCV Events

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.

There is a complete listing of all events on the [ERCV website](#)

Mondays, April 17 & 24: 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, April 17 & 24: 5:00 pm (Note the new time.)

ERCV AFTERNOON WALKERS

- The Monday afternoon walkers will meet at 1309 Floral St. NW. Most weeks we will be walking on the dirt paths in Rock Creek Park avoiding steep downhill. If the group prefers or the weather dictates, we will walk around the Walter Reed development -- the old walking track is officially closed now. The walk will likely be an hour or a little longer.
- 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 5:00 pm Monday, she will wait for you to arrive before setting out.

Tuesdays & Thursdays, April 18, 20, 25, & 27, Shepherd Park Library: 1:15-2:15 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. It's an 8-week class that began March 7 and ends April 28. If you are concerned about falling, this may be the class for you!
- Susan Davis teaches on Tuesdays and Linda Glass teaches on Thursdays. Participants may attend Antonia's online Otago class that is now on Fridays at 1:00 pm via Zoom -- see separate calendar listing.
- In-person participants wear masks during classes. Ankle weights are encouraged, but not required. The class is accessible by elevator or stairs and there is an air purifier in the room.
- For more information contact info@eastrockcreekvillage.org or call Susan Learmonth at 202-271-1309.

Wednesdays, April 19, & 26: 9:00-10:00 am

MORNING WALK ON TRACK BEHIND SHEPHERD SCHOOL

- An ERCV walking group gathers on the track behind Shepherd School. Any pace or length of walk is OK. You can expect lots of conversation!
- 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.

- 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!

Wednesday, April 19, & 26: 3:00-4:00 pm

StrongerMemory BRAIN EXERCISE WEEKLY CHECK-IN

- The StrongerMemory group participants share their progress at weekly check-in meetings via Zoom. This group is now closed.
- If you have questions or want to be notified of future programs, please email info@eastrockcreekvillage.org or call 202-656-7322.

Fridays, April 21, & 28: 1:00-2:00 pm

ZOOM OTAGO FALL PREVENTION EXERCISE WITH ANTONIA

- Antonia, our yoga instructor, leads 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.

Fridays, April 21, & 28: 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. Meeting ID is 8562 878 5908 and passcode is 618672.

Thursday, April 20: 3:00-4:30 pm

OPEN HOUSE ONLINE

- Come say hello to new and longtime friends. We will share updates about ERCV programs and hear what you've been thinking about. Do you have any pretty springtime pictures to share? Send them to info@eastrockcreekvillage.org and we will share them with the group.
- **Register [HERE](#)** or call 202-656-7322 if you have any questions.

Thursday, April 27: 4:00-5:30 pm

HAPPY HOUR AT THE OLIVE LOUNGE!

- We've always enjoyed lunch there, so now let's give their Happy Hour a try! Join us on the covered patio of the Olive Lounge at 7006 Carroll Ave., Takoma Park, MD. The Olive Lounge specializes in Middle Eastern fare. Click [here](#) to take a look
- Reach the back patio by walking through the parking lot at Willow and Carroll or along the walkway beside Mark's Kitchen. Parking in the lot costs \$5 and is often full. You can park for \$3 for 1-2 hours in the lot entered at the corner of Laurel and Carroll, or there is free street parking along Willow St. across the DC line, and in the lot behind the former bank.

Register [HERE](#) or by email to info@eastrockcreekvillage.org or call **202-656-7322** so we can save you a seat. And let us know if you need a ride.

In case you missed the March Armchair Travel, Southwest Wonders with Ralph Blessing, you can watch it [HERE](#).

[Check out ERCV's YouTube channel](#) to see more video
Armchair Travel recordings



**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

~ *Oh, My Aching Back: Tuesday, April 18, 2:30-3:30 pm via Zoom* – If you want more long-lasting pain relief than Ben Gay can offer, then consider this session with Dr. Sophia Janson. She will provide an overview of common back ailments, covering posture correction and body mechanics. Then she will demonstrate simple stretches and strengthening exercises that can restore mobility, reduce pain, and help keep your back healthy. You'll see that little changes can have a big impact! Have a chair nearby in a cleared space. Register [HERE](#). Offered by **Foggy Bottom West End Village**.

~ *Protecting & Maximizing your Retirement Income, Wednesday, April 19, 5:30pm via Zoom*– Join us as Certified Financial Planner David Hurwitz discusses how to set up a retirement-income stream consistent with your retirement goals, how to plan for inflation, economic challenges, and a long retirement. He will also discuss how to utilize various investment vehicles. There will be time for questions following his presentation. Register [here](#). Offered by **Georgetown Village**.

~ *Hospital at Home Movement with Dr. Haile Mariam, Wednesday, April 26, 5:30pm via Zoom*– Learn more about this movement to provide medical care to patients in their homes. There have been studies done that show the economic as well as psychological and physical benefits to patients who are discharged early from hospitals or treated at home. Register [here](#). Offered by **Georgetown Village**.

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



. . . AND COMMUNITY EVENTS . . .

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

~ *DC Emancipation Day: Saturday, April 15, Parade at 2:00 pm; Concert at 3:00 pm; Fireworks at 8:30 pm* Fireworks, Pennsylvania Ave between 10th & 14th Streets, NW – The DC Compensated Emancipation Act of 1862 ended slavery in Washington, DC, freed 3,100 individuals, reimbursed those who had legally owned these individuals, and offered the newly-freed women and men money to emigrate. It is this legislation, and the courage and struggle of those who fought to make it a reality, that we commemorate every April 16 as DC Emancipation

Day. For more information, click [HERE](#).

~ **Living Along Discussion Group, Monday, April 17, Noon-1:00pm – Sibley Seniors Association** (SSA) offers programs and support groups online. Please email kenfgordon@gmail.com or call 202-364-7602 if you'd like to attend this discussion group.

~ **Conference on Grief and Loss, Friday, April 21, 1:00-3:00pm via Zoom**— The shock of loss and finding your footing is often very difficult after losing a loved one. Then there is the difficulty of change and figuring out your next steps. Join Rev. Drs. McNeil-Lee and Ridley, Sibley and Suburban Hospital chaplaincy services directors, to hear how to process and move through grief. To register for this event, please send an e-mail to Ken Gordon at kengordon@alum.mit.edu.

National Prescription Drug Take Back Day, Saturday, April 22, 10:00am-2:00pm, Sibley Memorial Hospital, Building A (Medical Building) Circle 5215 Loughboro Road, NW – Join Johns Hopkins in helping to stop prescription drug misuse. Drive up and drop off your unused or expired prescription medications: tablets, capsules, liquids, creams, e-cigarettes and vape pens (NO sharps). Our on- site staff will dispose of them for you safely and securely. No questions asked. If you need assistance on the day of the event, please look for a security guard or volunteer in a bright yellow t-shirt.

Encore Choral free Spring Concert, Monday, April 24, 11:00 am: Free and open to all. Schweinhaut Senior Center, 1000 Forest Glen Rd., Silver Spring. Ample parking in lot; accessible venue. Hear a variety of choral music – there's something for everyone! (Singers will be masked; audience masking is optional.) Encore is a no-audition chorus for people over 55 – Might you like to join us? Some of your fellow Village members participate and enjoy the weekly daytime rehearsals with the musical and social pleasures of singing. Visit www.encorecreativity.org for more information or call Nancy Foster at 202-829-2909.

~ **Discussing the Facts webinar, Prostate Health & Health Equity, Wednesday, April 26, 7:00-8:00pm** — Registration: <https://smh.memberclicks.net/april2023discussingfacts>

~ **Parkinson's Disease Care Partner Support Group, Thursday, April 27, 4:00-5:00pm**— Please call 202-364-7602 if you'd like to attend this support group.

~ **Positive Aging: April Activities: 12:00 noon via Zoom** – See what is planned for April, below, and read the latest [Positive Aging Sourcebook](#) online.

- Tuesday, April 18: [Author of Dementia Home Care: How to Prepare Before, During, and After](#)
- Wednesday, April 26: [Overwhelmed by Too Many Photos? You aren't Alone!](#)
- Thursday, April 27: [Estate Plan for your Dogs or Cats? How to Protect Them](#)
- Friday, April 28: [Dr. Drew Falconer – Parkinson's Awareness Month Special Event](#)

~ Journey to Hope – DC Conference for Alzheimer’s Family Care Partners, Saturday, May 13, Noon-5:00pm via Zoom — with Dr. Sevil Yasar, MD. Ph.D., Jane Marks, R.N., M.S., and Marti Brown Bailey, B.S., C.S.A., C.A.D.D.C.T., C.D.P., For more information and to register: <https://smh.memberclicks.net/2023journeytohopeconference>



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

Edna Lee-White
Linda Macri
Cathy Mascelli

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.



ERCV Newsletter Editor: Nancy Foster nfoster14thst@gmail.com

Mid-month Update: Shelley Moskowitz

Our thanks to the DC Department of Aging and Community Living (DACL)
and [The Washington Home](#) for their generous support.



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