

MAY 2023

East Rock Creek Village — 202-656-7322

7707 13th St. NW, Washington, DC 20012

info@eastrockcreekvillage.org—www.eastrockcreekvillage.org



PRESIDENT'S CORNER

May Flowering



It's said that "March winds and April showers bring May flowers." While I delight in the beauty of neighborhood trees and flowers in full bloom, I am personally aware that the pollen count in our city has been especially high. My sympathies to those of us coping with allergies in a longer, more intense season than usual.

This month marks 60 years since the US government began designating May as Older Americans Month. It's a good time to recognize and celebrate how for the most part seniors' lives have improved over the decades in both longevity and quality. This month is a good time to make sure that outdated notions of what an older person's life looks like do not limit what we do with ours. To that end, here are some suggestions:

- Stay curious; don't stop learning. As we age, we gain knowledge, awareness, and insight, allowing us to understand and experience the world more deeply. Continue to grow your knowledge through reading, listening, attending classes, and conversation with others.
- Try new things. Invite creativity and purpose into your life. Discover new passions, go on adventures, participate in new activities in your community.
- Spend time with people. Deepen your connections with family, friends, and community members.
- Stay or become active in your community. Volunteer, help, teach, or mentor others. Participate.

East Rock Creek Village has a role to play in all this, providing opportunities for members and friends – for you – to learn, grow, form and deepen relationships, and become involved in the

welfare of your community. Our virtual Open House on May 11th will be an opportunity to discuss what aging well means to you, and it's a good time hear about ERCV offerings. Please join us!

You may remember that during the pandemic ERCV hosted online Armchair Travel jazz programs in cooperation with the [Washington Jazz Arts Institute \(WJAI\)](#). These programs which can be found on [ERCV's YouTube channel](#) were extremely popular, and many of you hoped ERCV could arrange a live performance when it was safe to gather in person again. We aim to please. **From 3 to 6pm on Sunday, June 4th**, ERCV will bring you “*All That Jazz*,” **a live performance** featuring students from WJAI. The event will be held at The Parks at Walter Reed’s “Arts Plaza” near the Aspen Street entrance. [Register](#) today and be on the lookout for more details. I hope to see you there.

Getting back to May and its flowers, I want to wish all who celebrate, including my own mom, a very happy Mother’s Day!

– David Mackoff



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

Paula Blair
Charlie Daniel
Linda Glass
Elaine Johnson
Patricia Koskinen
Delphina Lester
Kathleen Sheekey
Debby Thomas
Howard White

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: Volunteer as a Technology Coach

Help late tech adopters cross the digital divide.

In partnership with [Dorot](#)—a New York nonprofit dedicated to alleviating social isolation among older adults and promoting intergenerational connections—East Rock Creek Village is setting up a volunteer tech coach program.

As a tech coach, you would meet with an ERCV member to help them learn and get comfortable with skills like emailing, texting, using apps, taking photos, and getting online.

Tech coaches need to be patient and comfortable with technology, but no special expertise is needed. Familiarity with iPhones and other Apple products is a plus.

Ongoing support will be provided: you will get online training through Dorot as well as opportunities to meet with other volunteers to compare notes and strategies. Ideally, we would like a 3+ month commitment from volunteers so that the member you're working with will be able to learn, give it a go on their own, and then meet with you again to ask questions and solve problems they have encountered.

If you're interested in being a tech coach, please contact ERCV Board member Allyson Booth, moonbirdboot@gmail.com.



USEFUL INFORMATION AND OPPORTUNITIES . . .

Downsizing in DC: Valuable and Historical Items —

Decluttering and downsizing can often uncover surprises: old letters or documents that have more than sentimental value; pieces of art, antiques, or jewelry that are valuable; old LPs or

knick-knacks which may be collectors' items. Deciding how to handle such items can be time-consuming, but if you have the time and the interest, it can be worthwhile.

For collectible items, finding an appropriate consignment shop may be the simplest solution. You can search the directory at [Reuse DC](#) for places that might offer consignment services, but for some items, such as art or antiques, an auction house may be the best option. Do your research before committing to a consignment shop or auction house to make sure you understand their fees and contingencies. [Old family records and mementos may also have historical significance](#). Letters, diaries, scrapbooks, photos, and business records can provide unique insights into day-to-day life and important moments. Finding the right archive, library, or museum for such records can be difficult, however. In some cases, there may be an obvious repository to approach; other times, you may have to do some research. Often the best place to start is a local historical society, such as the [DC History Center](#), or genealogical societies and family history organizations. This being DC, if you have records related to the federal government, the relevant agency's librarians may be interested. You can also contact the [Society of American Archivists](#) for help in locating an appropriate repository. Most archives cannot accept everything they are offered, but they may be able to help you find an alternative.

Sometimes the first step in downsizing is putting the task on your schedule. DC Village members who need help with small organizational projects can call the ERCV office for volunteer assistance at 202-656-7322 or info@eastrockcreekvillage.org. If you are looking for a place to donate gently-used items or to purchase or borrow something that's new to you, check out these local options:

- [St. Alban's Opportunity Shop](#)
- [Remix Recycling Co](#)
- [Iona Senior Services Loan Closet \(walkers, commodes, and related items\)](#)
- [Other options in DC Metro Area](#)

—Our thanks to Carter Ross, DC Village Consultant, for this information

Ward 4 Mutual Aid Grocery Distribution — [Ward 4 Mutual Aid](#) is providing free gift cards, diapers, food, and other items at Brightwood Park United Methodist Church (744 Jefferson St. NW) to the first 100 families to arrive on the following dates: **Wed., May 17 at 5pm; Sat., May 20 at noon; Wed., June 21 at 5pm; and Sat., June 24 at noon.**

Repaving parts of Missouri Ave. NW — From **April 17 through May 12** (weather permitting), DDOT is repaving parts of Missouri Avenue, including [8th to Nicholson NW](#), [3rd Street to 3rd Place NW](#), and [North Capitol to 1st NW](#). To minimize disruption for neighbors, DDOT will repave whole road segments sequentially — 2 lanes at a time, with 2 lanes open to traffic — within the four-week duration.

More hours at Fort Stevens Recreation Center — The Department of Parks & Recreation (DPR) [expanded hours at or reopened](#) several Ward 4 recreation centers. Fort Stevens (1327 Van Buren Street, NW), Petworth, Upshur, Takoma, and Lafayette-Pointer are now open from **12pm-8pm on Mondays-Fridays**.



COVID UPDATE: CDC Recommends Additional COVID Booster for Older Adults

On April 19, 2023, the Centers for Disease Control & Prevention updated its guidance regarding vaccination against COVID-19. [Under the new recommendations](#), adults age 65 and older, as well as people who are immunocompromised, should get a second bivalent vaccine. The vaccine booster helps in preventing serious illness from COVID as well as decreasing the risk of long COVID.

Bivalent vaccines are the updated mRNA vaccines approved in late August 2022. They include two mRNA strands to address coronavirus strains from earlier in the pandemic, as well as newer strains. The current Moderna and Pfizer-BioNTech vaccines are bivalent vaccines.

If you are 65 or older, you should wait at least four months after your last booster before getting a second one. Immunocompromised individuals should only wait at least two months. If you recently had COVID, wait at least 90 days after you recover before getting another booster.

Vaccines, including a second bivalent booster, are being given at local pharmacies. You should be able to schedule an appointment online through the pharmacy or just walk in. COVID-19 vaccinations are covered under Medicare Part B without cost sharing. Please note the DC COVID Centers and the at-home vaccination program have been discontinued.

If you would like assistance, including a ride to get a COVID booster, email info@eastrockcreekvillage.org or call 202-656-7322. We have a good supply of masks available free to members and volunteers and a small supply of COVID rapid antigen tests.



ERCV PORTRAITS - Meet Andy Gay



ERCV member Andy Gay was born and raised in Swarthmore, PA, to a Swiss dad and American mom. She went off to Earlham College in Indiana, but after two years, realizing it was not the best place for her, she returned to the Philadelphia area and enrolled at the University of Pennsylvania. This was a good decision indeed: one of her partners in a group project was Skip McKoy, who would eventually become her husband!

In 1966, after earning two master's degrees, one in biology and the other in city planning, Andy joined Skip in western Massachusetts to start their life together. There she worked for Planned Parenthood. After a few years, she and Skip decided to move to DC, where Andy worked for Kirchner Consulting and later the federal agency for Health, Education, and Welfare, where she was tasked with bringing physicians to work in rural areas in the southern US.

Andy and Skip decided that they wanted to try life in San Francisco. Since they didn't have children, it was easy to pick up and move. They stayed for five years, getting married in 1975. While in the City by the Bay, Andy again worked for HEW, this time with a focus on Chinese, Mexican, and Hawaiian community health centers. She took up photography then as well, with her own darkroom equipment which she still has today.

In the early 1980s, Andy and Skip returned to DC. A few years later, Andy went to China where she taught English to agriculture graduate students for nearly two years. Upon returning to DC, she started the China Education Fund to raise money to help Chinese students study in the US.

Andy also worked for Managed Care Options, an organization that helped doctors' offices go digital. She performed training all over the US for four years, even though she wasn't a techie. She's amazed that she survived!

In 2001, a once-in-a-lifetime opportunity came along when billionaire Ted Turner and Senator Tim Worth created the UN Foundation. Andy was asked to join this fledgling operation. She loved working there and stayed for 17 years, eventually running the Children's Health program until she retired in 2018.

In addition to all that, Andy has a master gardener certificate, which she attained through the USDA program at UDC. She's been a volunteer gardener at the National Zoo and the National Arboretum.

Andy knew about the Village movement back when it started in Boston, and she is one of ERCV's founding members. She loves that we enable members to stay safe and healthy and connected to one another!

-- Our thanks to ERCV volunteer and Board member Brenda Mejia for this interview



ERCV MAY EVENTS CALENDAR—



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.*



Mondays, May 1, 8, 15, 22, & 29: 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, May 1, 8, 15, 22, & 29: 5:00 pm

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.

Tuesday & Thursday, May 2, 4, 9, 11, 16, 18, 23, 25, & 30, Shepherd Park Library: 1:15-2:15 pm

OTAGO FALL PREVENTION EXERCISE CLASS IN-PERSON!

- Otago (pronounced oh-tah-go) is an 8-week series of 17 exercises that can reduce falls in frail older adults by building balance, strength, and agility. The program is appropriate for anyone who can walk, including those who use a cane. If you are concerned about falling, this may be the class for you!
- The class welcomes new participants. We meet in the upstairs meeting room at the Juanita Thornton/Shepherd Park Library at 7420 Georgia Ave. NW. The class is accessible by elevator or stairs and there is an air purifier in the room. All in-person participants wear masks during classes. Ankle weights are encouraged, but not required.
- 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.

- For more information contact info@eastrockcreekvillage.org or phone Susan Davis at 202-656-7322 to arrange an orientation before class and to assist you in getting the adjustable ankle weights.
- There is a small parking lot in front of the library which is often full. There is free and metered street parking in the area. We can try to arrange a ride to class for you.

Wednesdays, May 3, 10, 17, 24, & 31: 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!

Fridays, May 5, 12, 19, & 26: 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 encouraged, but not required.
- The program is designed for those who have already learned the Otago routine and is tailored to those who currently attend.
- Email info@eastrockcreekvillage.org or call 202-656-7322 for more information on Otago and to receive the Zoom link.

Fridays, May 5, 12, 19, & 26: 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, May 11, 3:00-4:30 pm

CELEBRATE OLDER AMERICANS MONTH AT OUR ONLINE OPEN HOUSE



- May is best known for Mother's Day, but did you know it is also Older Americans Month? In fact, this year marks the 60th anniversary of that observance. The 2023 theme is *Aging Unbound*, offering an opportunity to recognize and challenge the narrative on aging, explore diverse aging experiences, and discuss how to combat stereotypes.
- What does *Aging Unbound* mean to you? Join us online as ERCV friends and neighbors share thoughts, ideas, and inspirations.
- Come say hello to new and longtime friends. We will also share updates about ERCV programs and hear what you've been thinking about. Do you have any pretty springtime pictures to share? Do you have favorite motherhood stories or pictures? Send photos to info@eastrockcreekvillage.org and we will share them with the group.
- **Register** [HERE](#) or call 202-656-7322 if you have any questions.

Sunday, May 14 — **Mother's Day**

Thursday, May 18: 3:00-4:00 pm

BLOOMING BINGO!

- Our neighborhoods are in full bloom. Pour yourself a cool drink and come say hello to new and longtime friends.
- Register [HERE](#), and download your Blooming Bingo cards [HERE](#). Call 202-656-7322 or email info@eastrockcreekvillage.org if you have questions or need help printing your cards.

Thursday, May 25: 1:00-2:30 pm

LUNCH BUNCH AT LOTUS CAFE

- Come enjoy lunch with friends on the patio at the [Lotus Cafe](#), 8077 Georgia Ave, Silver Spring, MD 20910. When driving north on Georgia Ave., turn right on Sligo Ave. and then make a very quick right onto the access road. There is metered street parking and a small parking lot nearby with meters. Each person will order and pay for their own meal while enjoying time together.
- The Lotus Cafe is a delicious Vietnamese restaurant. Enjoy the \$9.99 lunch specials that include a choice of salad, Spring or Summer Rolls, or try a Vietnamese pho noodle soup while seated on a covered patio.
- Please **register** [HERE](#) or **RSVP** by email to info@eastrockcreekvillage.org or phone 202-656-7322 so we can save a seat for you and arrange a ride if needed.

Monday, May 29 — **Memorial Day**

SAVE THE DATE: SUNDAY, JUNE 4



ERCV'S "ALL THAT JAZZ" LIVE AT THE PARKS AT WALTER REED ARTS PLAZA!

On Sunday, June 4, ERCV will host "All That Jazz," a live performance featuring students from the **Washington Jazz Arts Institute (WJAI)**. Founded in 1998 by Davey Yarborough and his wife Esther Williams, the Institute is celebrating its 25th year devoted to the preservation of the past, the promotion of the present, and preparation for the future of jazz in DC. Go [here](#) to learn more about WJAI.

The ERCV gathering will take place at The Parks at Walter Reed "Arts Plaza," 6310 Cameron Dr. NW, from 3-6pm. Seating and light refreshments will be available. Parking on streets nearby, including Main Dr. and Cameron Dr. Paid parking is available (70 spots) in The Vale parking garage at 6803 Cameron Dr. NW. **Register** [HERE](#). Members who need rides may contact the ERCV office at 202-656-7322 or email info@eastrockcreekvillage.org.



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

~ ***Yard Birds of Chevy Chase: Thursday, May 4, 2:00-3:00 pm via Zoom*** – Chris Wright will share information about 30 bird species you may see in your yard, so you will be able to identify them on the lawn or at the feeder. Many of these birds are familiar to everyone, but each of them has a story and, usually, a song, and these details make them memorable and identifiable. You will find that 30 birds are not so many, and you can recognize each of them just as you recognize each of your neighbors. **Register [HERE](#)**. Offered by **Chevy Chase At Home**.

~ ***Designer Ann Lowe Presentations, African American Museum of History & Culture: Friday, May 12, 10:30-11:30 am via Zoom*** – Learn the untold story of Ann Lowe, the first African American to become a noted fashion designer. Her one-of-a-kind designs were a favorite among high society matrons from the 1920s to the 1960s. She is best known for designing Jackie Kennedy's wedding gown. Learn about Ann Lowe's life, her clients, the wedding dress, and her place in American design. Our speaker, Elaine Nichols, is Supervisory Curator of Culture at the National Museum of African American History and Culture. **Register [HERE](#)**. Offered by **Friendship Heights Neighbors Network**.

~ ***Two Weeks is Too Short & Too Tragic: Coping with Uncertainty: Wednesday, May 17, 1:00-2:00 pm via Zoom*** – Village Social Worker Barbara Scott leads a discussion on coping with uncertainty. Guest speaker, Donna Gayles from Capital Caring Health and Hospice, will discuss the positive impact of accessing hospice benefits earlier. **Register [HERE](#)**. Offered by **Northwest Neighbors Village**.

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



. . . AND OTHER COMMUNITY EVENTS . . .

~ ***Prepare to Care: Health & Seniors Fair: Wednesday, May 3, 11:00 am-3:00 pm, Nineteenth Street Baptist Church*** – The Nineteenth Street Baptist Church (4606 16th St. NW) will host a [Health and Seniors Resource Fair](#) with resources on dental care, hair and scalp care, senior transportation, utilities, legal counsel, safety at home, and more, for neighbors over the age of 60 and residents over 18 living with a disability. **RSVP [here](#)** to attend!

~ ***Department of Parks & Rec's 55+ Early Bird Hype: Friday, May 5, Noon-2:00 pm, Lamond Rec Center (20 Tuckerman St. NE)*** – Check out Ward 4's [55+ Early Bird Hype](#) event with music,

line dancing, fitness demos, arts and crafts, giveaways, and much more, for neighbors 55 and older.

~ Cinco de Mayo & Salsa Night: Friday, May 5, 5:30-7:30 pm, The Parks at Walter Reed Arts Plaza – The Parks at Walter Reed will host a Cinco de Mayo & Salsa Night [Happy Hour](#) at the Arts Plaza at the Parks at Walter Reed (6310 Cameron Dr. NW). Come for salsa music, dancing lessons, DJ Harry Hotter, and drinks with neighbors!

~ Flower Mart, the Washington National Cathedral: Friday, May 5 & Saturday, May 6, 10:00 am-5:00 pm – This two-day event allows visitors to shop for plants and gifts, eat fun festival food, enjoy children's activities, ride a historic carousel, and take in the beauty of the International Floral Exhibit. Check [HERE](#) for more information.

~ Journey to Hope – DC Conference for Alzheimer's Family Care Partners: Saturday, May 13, Noon-5:00 pm 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. Register [HERE](#). Offered by Sibley Hospital.

~ Knit-a-Long: Fridays, 2:00-4:30 pm, Palisades Library – Meet fellow knitters and knit together! Relax, share tips and tricks in this drop-in program. No formal training is needed, but please bring your own supplies. Email michelle.conn@dc.gov with questions.

Please note: Anyone who needs help signing up for ERCV, Village, or community events should feel free to contact the ERCV office at 202-656-7322.

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



ERCV Newsletter Editor: Nancy Foster nfoster14thst@gmail.com

"Like" us on [Facebook](#)

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

