

JULY 2023

East Rock Creek Village — 202-656-7322

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PRESIDENT'S CORNER

Taking Summer Stock



Summer's here. It's a good time to look at some of the things East Rock Creek Village has done during the first half of the year and start to make plans for the second.

In the first six months of 2023, ERCV provided hundreds of services for our members, including over a hundred roundtrip rides, scores of grocery shopping excursions and deliveries, and many friendly calls and visits to our members. Nine neighbors joined ERCV, and four new volunteers have been vetted and trained. We've hosted over 200 individual wellness, educational, and social events. We launched a series of post-pandemic field trips, starting with our trip to the National Aquarium in March, and held our first outdoor, open-to-the-public jazz concert at The Parks at Walter Reed in June.

In addition, we've been working hard behind the scenes to improve our profile by upgrading our website – which I hope you'll visit by clicking [here](#) – and to strengthen the Village movement in our city. I'm pleased to announce that at the end of June, after over a year of discussion and debate, all thirteen DC Villages voted to create and join what we are calling the **DC Village Collaborative** (DCVC), which will assist existing Villages in their mission and help establish new Villages throughout the city. We're excited about these new developments. Our twin goals at ERCV are to help more people realize the benefits of being part of a Village and to make ours the best it can be.

ERCV will offer a new, in-person Otago fall prevention series and an online StrongerMemory support group in July. If you prefer to stay out of the heat this month, come join our online Open House on July 6th or play our Flags & Fireworks Bingo game online on July 13th. If, however, you feel like getting out and about, I hope you'll join our July 10th field trip to the National Portrait Gallery and come to our Lunch Bunch at All Set restaurant in Silver Spring on July 20th. We always have a lot to talk about and celebrate together.

We've had a great first half of the year, and I look forward to everything that comes next. We are planning a member picnic at Carter Barron in Rock Creek Park in October and will be launching at least one new service in the fall. If you want to find out more or help in any way, please call our office (202-656-7322) or send us an email (info@eastrockcreekvillage.org).

Stay cool, stay active, and stay in touch with ERCV!

--David Mackoff



ERCV HAS A NEW WEBSITE! Please come visit <https://eastrockcreekvillage.org> and share it with others who might benefit from being part of a Village!

Check out the [FAQ's](#), [news](#), [photos](#), and [resources](#), or sign in to access member- and volunteer-only content. Our appreciation and thanks go to web designer Zachary Stark-MacMillan of [Wagon Wheel Web Development](#) and our own Shelley Moskowitz for their excellent work.





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

Susan Dermody
Terry Dermody
Bill Foster
Bettie Graham
Kathy Hussein
Sarah Jefferson
Mark Pattison
Gloria Sulton
Fred 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: Library Supporters Prevail!

Thanks to the powerful advocacy of the Friends of Juanita E. Thornton/Shepherd Park Library, led by ERCV member Mark Pattison, and of Ward 4 Councilmember Janeese Lewis George, the DC Council has passed legislation requiring that the District keep the library open at its present location. ERCV congratulates all who worked so hard to bring this about!



USEFUL INFORMATION & OPPORTUNITIES . . .

Phone service: DC Office of the People's Counsel (OPC-DC) Consumer Advisory:

Verizon is transitioning local phone service equipment from copper lines to fiber-optic connections. To maintain local telephone service with Verizon, consumers must allow Verizon access to their home or place of business to change the type of equipment used to connect to the local phone network. There will be no additional cost to consumers. **For details about the implications of this process, go to <https://www.verizon.com/home/fiberupgrade/> Click on the "Have questions?" button** for detailed information. Consumers are encouraged to call the OPC-DC Consumer Complaint Specialists at 202-727-3071 if you have questions about maintaining your local telephone service. The ERCV office is also available to help: call 202-656-7322.

Get a rare glimpse of Leonardo da Vinci drawings at the main D.C. library: A dozen pages from the Codex Atlanticus, a rare collection of notes, drawings, and diagrams Leonardo created between 1478 and 1519, are on display at the Martin Luther King Jr. Memorial Library through August 20th. These images give insight into Leonardo's brilliant mind, with detailed drawings of advanced machines, including a revolving crane and a mechanical wing. The exhibit is free.

Because the delicate images can be exposed to light for only a short time before risking damage, after August 20th they will spend the next three years in the dark. Also, since the exhibition space is small, visitors are asked to sign up at the front desk and wait for a text telling them when it's their turn. For more information, click [HERE](#).

Why think about snow in July? DC requires residents to remove snow and ice from paved sidewalks, curb ramps, and curb cuts abutting their property within the first eight hours of daylight after the end of a storm. There is a [Sidewalk Shoveling Exemption Program](#) which exempts qualified residents (age 65 plus or disabled) from city penalties for not removing snow and ice from their sidewalks. **Residents must apply for the exemption by October 31, 2023.** The form can be found [HERE](#). Members can call the ERCV office at 202-656-7322 if they need help filling it out. For more information about the program, click [HERE](#).

Medicare Minutes: Medicare Minutes are short, engaging presentations on current Medicare topics, hosted by the Medicare Rights Center. Each month's presentation is streamed live on your Medicare Interactive profile and will help you learn more about your benefits and make the most of your Medicare coverage. Click [HERE](#) to access the archive of presentations and attend any of the upcoming live presentations.

Residents with SNAP can now get 50% off all WMATA fares: DC, Maryland, and Virginia residents currently enrolled in SNAP (previously known as the food stamp program) are now able to sign up for WMATA Lift, which **reduces fares by 50% on all of your MetroBus and MetroRail trips**. All you need to enroll is a SmarTrip card for you and each person in your

household, an active SNAP EBT card, a government-issued ID card or passport, and your phone number. Click [HERE](#) to learn more, to **register** online, or for information on where you can register in person.



🌀 ERCV PORTRAITS is on vacation this month! 🌀

If you enjoy reading ERCV Member Portraits, please consider being featured yourself! We believe that everyone has an interesting story to share. The interview only takes about a half hour, and you'll get to weigh in on the article and photo prior to publication. Contact Brenda Mejia at brenda.mejia@compass.com or 202-746-2714 to be featured in an upcoming issue of the *Village Voice*.

ERCV JULY EVENTS CALENDAR—



~ Echinacea ~

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, July 3, 10, 17, 24, & 31: 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, July 3, 10, 17, 24, & 31: 5:00 pm

ERCV AFTERNOON WALKERS

- The Monday afternoon walkers will meet at 1309 Floral St. NW. The group will decide the route – neighborhood sidewalks, around the construction area at The Parks at Walter Reed, or a dirt path in Rock Creek Park.
- Reservations are not necessary, but if you call or text Judith McCullough at 202-255-2390 before 5:00 pm Monday, the group will wait for you to arrive before setting out.
- Email info@eastrockcreekvillage.org if you would like to receive a reminder message on Sunday evening.



Wednesdays, July 5, 12, 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!

Tuesday & Thursday, July 6, 11, 13, 18, 20, 25, & 27 (no class on July 4), Shepherd Park Library:
12:15-1:15 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. Developed by physical therapists at Otago University in New Zealand, it is designed to prevent falls by building balance, strength, and agility.
- Class is led by ERCV volunteers Linda Glass and Susan Davis. We welcome new and continuing participants at all levels of fitness.
- Otago is recommended if your mobility is currently limited (you use a cane or walker) or if you walk regularly. We use a chair, the wall, or a table for support for the exercises. We have a set of ankle weights to loan out and will assist you in getting your own.
- Class is free and open to all — you don't have to be a member of ERCV. If you have not attended before, please email info@eastrockcreekvillage.org or call 202-656-7322 so we can have class materials available at your first class.
- Class meets in an upstairs meeting room at the Juanita E. Thornton/Shepherd Park Library at 7420 Georgia Ave. There is an elevator. The room is large with an air filtering machine. Instructors and participants wear masks during class.
- There is a small parking lot in front of the library and some street parking on Georgia Ave. (some metered) and in the neighborhood along Geranium and 12th Streets. We can arrange rides for ERCV members.
- For more information contact info@eastrockcreekvillage.org or phone Susan Davis at 202-656-7322 to arrange an orientation before class.

Thursday, July 6: 3:00-4:30 pm

SUPER SUMMER OPEN HOUSE ONLINE

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

Fridays, July 7, 14, 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 encouraged, but not required.
- The online class is designed for those who have already learned the Otago routine and is tailored to those who currently attend our in-person classes.
- Email info@eastrockcreekvillage.org or call 202-656-7322 for more information on Otago and to receive the Zoom link.

Fridays, July 7, 14, 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.

Monday, July 10: 10:45-4:00 pm

FIELD TRIP TO THE NATIONAL PORTRAIT GALLERY



- You are invited to join other members, volunteers, and friends of East Rock Creek Village to visit the National Portrait Gallery on Monday, July 10. A free tour of the highlights will be from 12 noon-1:00 pm.
 - The group will meet at 10:45 am at the entrance to the Takoma Metro. We will walk from the Gallery Place station to the F St. Lobby of the Gallery (and back to the Metro at the end of the visit).
 - Each person will purchase their own meal at the gallery café. (The gallery has a spacious covered atrium to have lunch.) Return at approximately 4:00 pm after some more time to explore the art.
- Register [HERE](#) or call 202-656-7322.

Wednesdays, July 12, 19 & 26: 4:00-5:00 pm

StrongerMemory BRAIN EXERCISE WEEKLY CHECK-IN

- Just 30 minutes a day, 3 simple exercises, [StrongerMemory](#) is a breakthrough program that helps improve brain health.
- 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.
- You can register for the program by clicking [HERE](#) or by emailing info@eastrockcreekvillage.org or phoning 202-656-7322. If you are new to the program, you will receive a free StrongerMemory Workbook. If you have come before, you will receive additional math problems and writing prompts.

Thursday, July 13: 3:00-4:00 pm



FLAGS & FIREWORKS BINGO GAME

- Let's keep the summer holiday season going with our Flags & Fireworks online Bingo game! Pour yourself a cool drink and enjoy time with your BINGO BUDDIES.
- Click on the link to get your [BINGO cards](#) and register [HERE](#) to get the Zoom link for game day! Call 202-656-7322 if you have any questions or need help printing your cards.

Thursday, July 20: 1:00-2:30 pm

LUNCH BUNCH AT ALL SET & MONEY MUSCLE BBQ

- Let's enjoy lunch outside on the outside covered patio of [All Set Restaurant & Bar](#), and [Money Muscle BBQ](#), 8630 Fenton Street, Silver Spring.
- The ALL SET [menu](#) includes many seafood and vegetarian items and puts "a contemporary twist on seasonally-inspired dishes that reflects our passion for fresh ingredients, nutritious foods, & unforgettable flavors." There is a separate Money Muscle menu of meat and vegan BBQ items. Sandwich prices start at \$15.
- Our lunch location is near the corner of Fenton and Cameron. There is a parking garage located where Fenton ends at Cameron, with quite a few free handicapped parking spots on the lower level. There is also metered street parking which accepts credit/debit cards as well as coins, and another garage on Cameron, 1/2 block west of Georgia Ave., where you can prepay.
- 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.

Click [HERE](#) for the June 15 issue of *Reeder, The Parks at Walter Reed's* newsletter, which includes a nice report on ERCV's jazz program last month!

Please note:

**ERCV's programs are free and open to all!
Anyone who needs help signing up for ERCV, Village,
or community events should feel free to contact
the ERCV office at 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

~ **Palisades July 4th Parade: Tuesday, July 4, 10:45 am, Whitehaven Parkway, NW** – Open to ALL! Walking in the parade with Palisades Village is always great fun! There is room for a couple of passengers as well, if you prefer to ride. **Register [HERE](#)** to let us know that you are interested. Plan on being in line at 10:45 am for the 11 am kickoff. Offered by **Palisades Village**.

~ **Uhuru Quilters Guild: Saturday, July 22, 8:00 am–5:00 pm** – Explore the legacy of African-American quilting. Members of the Guild will discuss the traditions, culture, and history of this unique artform. **Register [HERE](#)** by July 20. The zoom link will be sent 24 hours before the event. For full Corridor Conversations descriptions, click [HERE](#). Offered by **Hyattsville Aging in Place, Helping Hands University Park, Neighbors Helping Neighbors of College Park, & Explorations on Aging**.

~ **Money Smart for Older Adults: Monday, July 31, 3:30-5:00 pm via Zoom** – Idriys J. Abdullah, a Consumer Protection Advocate from the DC Department of Insurance, Securities, and Banking, will speak about financial traps targeting seniors and how to identify them. Topics may include Money Smart for Older Adults, Affinity Fraud, Reverse Mortgages, Romance Scams, Covid-19 Corona Virus Scams, and Protecting Your Assets. **Register [HERE](#)**. Offered by **Dupont Circle Village**.

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



. . . AND OTHER COMMUNITY EVENTS . . .

~ **Silver Spring B&O Railroad Station Open House: Saturday, July 1, 10:00 am-2:00 pm** – Free event, 8100 Georgia Ave. at Sligo, Silver Spring. For all ages! Includes three ½-hour shows (11:00 am, noon, & 1:00 pm): Casey Jones & the Great American RR – interactive musical journey along the rails with national recording artist [Ray Owen](#). Sponsored by Potomac Chapter of the National Railway Historical Society and [Montgomery Preservation](#).

~ **Summer Breeze Line & Hand Dance Social at Lamond: Saturday, July 1, 1:00-5:00 pm, Lamond Rec Center** – Lamond Rec Center, 20 Tuckerman St. NE, will host a [Summer Breeze Line and Hand Dance Social](#), with hand dancing, slow dragging, bopping, and line dancing to good music. Put on your dancing shoes and bring your favorite food and non-alcoholic drinks!

~ **Takoma Park 4th of July Parade: Tuesday, July 4, 10:00 am-Noon, Carroll Ave** – Celebrating Democracy in Takoma Park; Grand Marshall, Congressman Jamie Raskin. The parade will turn right off Carroll Ave. at Willow Ave (rather than Maple Ave.), then turn left at Tulip Ave., and right at Maple Ave. one block later. There is no rain date. For more information, click [HERE](#). To register to march in the parade, click [HERE](#).

~ **Flash Presents “Grass” music event: Tuesday, July 4, 3:00-9:00 pm, Great Lawn at The Parks at Walter Reed** – Enjoy live music and DJs as you sway to the beat, soak up the sun, and create unforgettable memories amidst the breathtaking backdrop of this historic 6-acre green space. Introducing Flash’s new outdoor daytime event series GRASS!

~ **Takoma Park 4th of July Evening Street Party: Tuesday, July 4, 6:00-9:00 pm, Maple Ave. between Philadelphia & Ritchie Ave.** – Join your friends and neighbors for an evening of Live Music * Food Trucks * Beer & Wine Garden (Takoma Bev Co). Entertainment provided: 6:00-7:00 pm, [Takoma Park Community Band](#); 7:00-8:00 pm, [The JoGo Project](#); 8:00-9:00 pm, [Yellow Dubmarine](#); announcement of parade winners; drawing for raffle prizes throughout the evening. For more information, click [HERE](#).

~ **Village Early Music Ensemble—Grand Tour: A Musical Journey: Thursday, July 6, 7:30 pm, & Saturday, July 8, 3:00 pm** – Free concert by an early music group based at Riderwood Senior Living Community; ERCV Board member Margie Odle is one of the performers. At Riderwood Chapel, 3140 Gracefield Rd., Silver Spring. For more information, contact Margie at 202-726-6415 or margiedc@gmail.com. Donations are welcome; all contributions over costs will be donated to the Riderwood Benevolent Care Fund.

~ **National Gallery of Art: The Art of Looking: Friday, July 7, 1:00 pm** – In the spirit of summer, Edward Hopper's [Ground Swell](#) is the inspiration for this interactive conversation. Join us for a one-hour virtual session and share your observations, interpretations, questions, and ideas about this work of art. These conversations will encourage you to engage deeply with art, with others, and with the world around you as you hone skills in visual literacy. Free and open to the

public, designed for everyone interested in talking about art—no art or art history background required. Ages 18 and over. For more information and to **register**, click [HERE](#).

~ DC Assistive Technology Program Smart Home Exhibit, Saturday, July 8, 11:00 am-3:00 pm, MLK Library, 1st floor, New Books, – The DC Assistive Technology Program will be having our 2nd Annual Smart Home Exhibit in partnership with the DC Public Library. This is a free event. We're showcasing the latest smart tech designed to bring ease to everyday home activities, from some well-known tech like the Alexa and the Apple iPad, to some less well-known (but just as reliable) tech like the Hero Medication dispenser and Kasa Smart light bulbs. Get a hands-on feel for what might work for your home! We hope you can attend to learn more about technology that can improve one's function, independence, and efficiency. For more information, click [HERE](#).

~ 159th Battle of Fort Stevens commemoration: Saturday, July 15, 10:00 am-4:00 pm – This year our theme is Civil War music, and it will be interesting, informative, and fun, with some special visitors, including Abraham Lincoln! As usual, the Alliance to Preserve the Civil War Defenses of Washington is helping the National Park Service with programing, outreach, and volunteers. If you would like to volunteer for the day of the event (whether as a helper or reenactor), please contact Alliance President Gary Thompson: gthompson@thompsonhd.com.

-- 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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