



7707 13th Street, NW
Washington, DC 20012
202-656-7322

www.eastrockcreekvillage.org
info@eastrockcreekvillage.org

⚙️ JULY 2023 UPDATE ⚙️



~ Echinacea ~

DPW Trash and Recycling Shifts an Hour Earlier

The Department of Public Works (DPW) is now collecting trash and recycling an hour earlier than usual — starting their collection routes at 6am. The change will help safeguard the health and safety of DPW collection workers from summer heat and poor air quality. Residents are encouraged to put their trash and recycling out the night before collection — anytime after 6pm.

Outdoor Pools Now Open Six Days a Week

Outdoor pools are now open six days, and you can find each pool's schedule on [DPR's website](#). In Ward 4, **Upshur Pool** is open Tuesdays-Sundays from 10am-6pm and only

closes on Mondays. Keep in mind that DC's [indoor pools](#) are also open during summer, including Roosevelt Pool and Takoma Aquatic Center in Ward 4. Indoor pools are a great option if you want to swim early in the morning or late at night — or if the weather or air quality is bad.

MetroBus Launches Nighttime Courtesy Stops

MetroBus drivers now offer [nighttime courtesy stops](#) for riders traveling between 9pm-5am to improve service and customer safety when it is darkest outside. All riders need to do is politely ask the driver for a courtesy stop at a safe location and use the front door of the bus to exit.

DC Libraries Now Opening and Closing an Hour Earlier

Neighborhood libraries are now [opening and closing an hour earlier](#) on Mondays through Thursdays "to better serve those who co-work at the library, seniors, older students, and caregivers with young children." That means our Petworth, Takoma, Chevy Chase, Shepherd Park Juanita Thornton, and Lamond-Riggs/Lillian Huff libraries are now open from 9am-8pm on Mondays, Tuesdays, and Wednesdays — and from noon-8pm on Thursdays.

New Look for DC Driver's Licenses & IDs

The [Frederick Douglass Memorial Bridge](#), a new addition to the D.C. skyline, will soon adorn the District's driver's license and ID cards. D.C.'s official bird, [the wood thrush](#), joins cherry blossoms, which were on the last generation of the cards. The new version will be available starting July 17. The DMV issues more than 623,000 driver's licenses and identification credentials annually.

To receive Ward 4 updates, sign up for Councilmember Janeese Lewis George's weekly [Ward 4 Dispatch](#) newsletter



Weather Alerts

**How to Stay Safe in Extreme Heat
and Poor Air Quality Conditions**

As hot temperatures and high heat indexes sweep the country, remember to take steps to prevent heat illness. According to the [CDC](#), groups at high risk include "older adults, the very young, and people with mental illness or chronic diseases."

As the temperatures rise this summer, be sure to follow these tips to stay healthy:

- Drink plenty of fluids, but avoid sugary drinks, alcohol, and caffeine
- Stay indoors with the air conditioning on, especially mid-day when the heat is at its peak. If you don't have air conditioning, [DC has a number of cooling centers throughout the city](#)
- Avoid using the oven or stove, which will heat up your house
- Dress in lightweight, light-colored, loose-fitting clothing
- Avoid outdoor activities or exercise when it's hot outside
- Don't forget about your pets! [The Humane Society](#) offers recommendations on keeping your pets safe in the heat.

[National Institute on Aging](#) outlines warning signs for heat-related illnesses.

Symptoms to look out for include:

- Dizziness
- Weakness
- Nausea
- Confusion
- Cramps
- Swollen feet and legs

If you experience any of the symptoms above, go to a cool place, drink fluids, and contact your medical provider right away. Plan ahead by following the local weather reports. Stay informed and sign up to receive personalized public safety alerts through [Alert DC](#). (Reprinted from Northwest Neighbors Village July 14 newsletter)





DC VILLAGE COLLABORATIVE (DCVC) **WEBSITE IS LAUNCHED**

AFTER MONTHS OF HARD WORK AND DEDICATION, THE COLLABORATIVE IS EXCITED TO PRESENT AN ONLINE PLATFORM.

DC Villages aim to connect even more individuals with the resources and support they need to continue living independently and comfortably in their homes. The goal is to provide our members and future members with a comprehensive source of information and resources while promoting the importance of aging in place and the value of community-based support.

And don't forget to check out [East Rock Creek Village's new website](#) too!



Upcoming ERCV Events

Mondays, July 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 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.

Tuesday & Thursday, July 18, 20, 25, & 27, 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.
- 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 is led by ERCV volunteers Linda Glass and Susan Davis. We welcome new and continuing participants at all levels of fitness.
- Classes meet in an upstairs meeting room at the Juanita Thornton-Shepherd Park Branch 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.

Wednesdays, 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!

Fridays, July 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 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.

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

STRONGER MEMORY BRAIN EXERCISE WEEKLY CHECK-IN

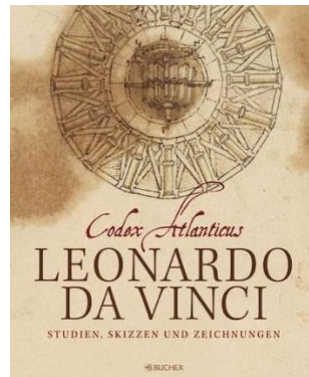
- The StrongerMemory Group participants share their progress at weekly check-in meetings via Zoom. Group members will receive the link and directions on how to join by phone.
- You can register for the program by clicking [HERE](#) or by emailing info@eastrockcreekvillage.org or phoning 202-656-7322. 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 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 puts 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.

SAVE THE DATE in AUGUST



Monday, August 14: 9:30am-2:00 pm

FIELD TRIP TO MLK LIBRARY TO SEE "IMAGING THE FUTURE" DA VINCI DRAWINGS & MORE

- You are invited to join other members, volunteers, and friends of East Rock Creek Village to visit the free Da Vinci Exhibit at the MLK Library.
- The group will meet at 9:30am at the entrance to the Takoma Metro. We will take a short walk from the Gallery Place station to the Library and back to the Metro at the end of the visit) at approximately 2pm.
- Each person can purchase lunch at the library café. Menu here for [Marianne's World Central Kitchen](#)

- In addition to the Da Vinci exhibit, the group can explore the rooftop garden with views of DC and explore the Peoples Archive of DC and African American feminist history on the 1st and 4th floors of the library.
- Register [HERE](#), email info@eastrockcreekvillage.org or call [202-656-7322](tel:202-656-7322).

Please [register online](#) for ERCV events that are held in person or on Zoom.

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](#)



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

*~ **Coping with Uncertainty, Wednesday, July 19, 1:00-2:00pm via Zoom**— Village Social Worker Barbara Scott leads a discussion on coping with uncertainty. Due to the confidential nature of the discussions in this group, this session is for Members and Volunteers of the following Villages only: Northwest Neighbors Village, Cleveland Woodley Park Village, Dupont Circle Village, East Rock Creek Village, Foggy Bottom West End Village, Georgetown Village, Glover Park Village, and Palisades Village. If you are interested in participating in this meeting and are not a Village member, please contact the office at 202-935-6060. For the zoom or phone link, please*

click [HERE](#). Offered by Northwest Neighbors Village.

~ *Silvernest – an Introduction to Home Sharing, Wednesday, July 19, 4:00-5:00pm via Zoom* – Housing prices have increased by more than 20% across the country since the start of the pandemic, and it's leaving many families struggling to afford a place to live. Those price increases are especially hurting seniors. However, a movement helping seniors afford a place to live is growing. It's called home sharing, meaning two or more people who aren't related live together to share costs. Learn more about Silvernest, a company that matches seniors with roommates, in this Zoom presentation. They will also provide tips on how to prepare your home for a roommate and the social/emotional benefits. Register [here](#). Offered by **Greater Brookland Intergenerational Village**.

~ *Preventing Cyber Crime Virtual Training, Thursday, July 20, 11:00am-noon via Zoom* – This training for all DC Village members and Volunteers is presented by cyber security experts at Capital One and the Cyber Crime Support Network. Choose between one of two tracks, either learning yourself about cyber security, or learning how to train others in your Village. Cybercrime Support Network (CSN) created the #SecureTogether program to provide information, tools, and assistance to help individuals implement better security measures on accounts and devices. Register [here](#). Offered by **Greater Brookland Intergenerational Village**.

~ *Uhuru Quilters Guild, Saturday, July 22, 8:00am – 5:00pm* – Explore the legacy of African-American quilting with members of the Uhuru Quilters Guild. They 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**.

~ *CelebSalon: DC's Theater Power Couple, Wednesday, July 26, 6:00-7:15pm via Zoom* – Fresh from Minneapolis, welcome Hayley Finn, [Theater J](#)'s new Artistic Director, and Andrew Dolan, [Solas Nua](#)'s new Executive Director, who have settled with their son in the Dupont Circle area. Discover who they are as artists and individuals, the experiences that shaped them and what drew them to DC's rich cultural scene. Learn about their respective visions for how culturally specific organizations that are also dedicated to universal themes can address the opportunities and challenges facing them. It's a not-to-be missed evening! RSVP [HERE](#). Offered by **Dupont Circle Village**.

~ *Money Smart for Older Adults, Monday, July 31, 3:30pm-5:00pm via Zoom* – Idriys J. Abdullah, a Consumer Protection Advocate from the District of Columbia Department of Insurance, Securities, and Banking, will speak to us about financial traps targeted to 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**.



. . . 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.

~ 159th Battle of Fort Stevens commemoration, Saturday, July 15, 10:00am-4:00pm –
This year, our theme is Civil War music and there will be some special visitors, including Abraham Lincoln! it will be interesting, informative and fun! 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.

UNDER THE BIG TENT

10:15 to 11 am – OPENING CEREMONY, Speakers, and Music
11:00am-12:00pm: Keynote Speaker Doug Jimerson: Civil War music,
12:00pm-12:15am: Blake Lindsey: Music in the DC Forts & Batteries
12:15pm-1:00pm: Washington Revels Jubilee Voices
1:00pm-1:15pm: Tom Sneeringer: History of the Bugle in the Civil War
1:15pm-2:00pm: George Mason’s 8th “Green Machine” Regiment Brass Band
2:00pm-2:30pm: Monocacy Field Music (Fife & Drum)

EMORY GYM (Next to alley east of Ft Stevens), 10am to 4 pm – GYM OPEN, (Air conditioning & Restrooms)

11:00am-2:00pm: Civil War Sewing, Sales of Tee Shirts & Books, Melanie LaForce, Field Hospital for Third US Infantry, Co. K. Noah Briggs, Surgeon; Elaine Kessinger, Directress of Female Staff

2:30pm: DANCING IN THE GYM -- Civil War Dance Foundation, Doug Jimerson Music

ALL DAY ACTIVITIES IN THE FIELD

- Ongoing demonstrations by Union soldier reenactors
- FREED (Female RE-Enactors of Distinction)
- Kids Playing Civil War-Era Games, Coloring and Making Art, Styling Hair, Demonstrating Music, etc.
- The “Yankee School Marm” by Susan Kelly: for kids & everyone!
- Sanitary Fair Impression: by Vee Hansen
- Author’s Table – Signings & books for sale: William Connery, Loretta Neumann, Bernie Siler
- Exhibitors at Tents/Tables: National Park Service; Alliance to Preserve the Civil War Defenses of Washington; Military Road School Preservation Trust; African American Civil War Memorial & Museum; Rock Creek Conservancy; Brightwood Citizen Association

3:00 PM - WALK TO BATTLEGROUND NATIONAL CEMETERY from Ft Stevens

3:30 PM – PROGRAM at BATTLEGROUND NATIONAL CEMETERY (6625 Georgia Ave. NW) Speaker: Gordon Berg; Bugler: Thomas Sneeringer

~ Marketplace Ribbon Cutting, Tuesday, July 20, 4:00-6:00pm, Marketplace Plaza, The Parks at Walter Reed – Marketplace Plaza, 7175 12th Street NW. The ribbon cutting and community festival event will take place on the plaza adjacent to The Hartley and across from the Whole Foods. This ribbon-cutting will highlight Kite House, Common Clover, and The Hartley, the three new buildings surrounding the plaza, as well as the retail and progress at The Parks at Walter Reed. There will be a brief program at 4:15 pm with Mayor Muriel Bowser and Councilmember Janeese Lewis George. Reserve at spot [HERE](#).

~ Ward 4 Day at National Building Museum, Thursday, July 20, 10:00am-4:00pm – Ward 4 Councilmember Janeese Lewis George, the [National Building Museum](#) will host Ward 4 Day, where Ward 4 residents will be able to enter the museum for free and explore their newest summer installation, participate in hands-on crafts, enjoy story time at 11am or 1pm, and meet neighbors and community partners. Bring your proof of residency to verify your zip code, and all children must be accompanied by adults. If you are tied up on July 20, you can also visit the museum for free on [August 3 or August 17](#) through At Large Council representatives.

Fresh Goods and Community at Ward 4 Farmers Markets-- There are several great Farmers Market options in Ward 4 every weekend:

- [Uptown Farmers Market](#) at 5501 Colorado Ave NW on **Saturdays from 9am-1pm**
- [Chevy Chase Farmers Market](#) at Lafayette ES on **Saturdays from 9am-1pm**

- [Petworth Community Market](#) at 9th & Upshur NW on **Saturdays from 9am-1pm**
- [Takoma Park Farmers Market](#) at 6931 Laurel Ave on **Sundays from 10am-2pm**



**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



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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&

Check out [ERCV's New Public Website!](#)

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