

**AUGUST 2023**

**East Rock Creek Village — 202-656-7322**

**7707 13<sup>th</sup> St. NW, Washington, DC 20012**

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## **PRESIDENT'S CORNER**

### **Summer Heat and Cool Connections**



DC is hot, hot, hot! Perhaps our sidewalks are not as scorching as those in Phoenix nor our waters as scalding as those off Miami Beach, but it's still steamy in this city built atop a swamp. Our area is heating up in other ways as well: positively, with new businesses opening in The Parks at Walter Reed and new neighbors moving into our community, and negatively, with an upsurge in violent crime that has directly harmed so many and diminishes the well-being of us all.

In such times, it is important that we are here for each other, celebrating and supporting one another in both good and challenging times. The strength of East Rock Creek Village lies in our being a caring community. Together we can beat whatever heat comes our way.

One new way ERCV and the other [DC Villages](#) are supporting our communities is through the creation, as I mentioned in my last column, of the DC Villages Collaborative (DCVC). I am pleased to be representing ERCV on the supervisory Collaboration Council which plans to hire a director as soon as possible. Once up and running, the DCVC will focus its attention on some things the individual Villages have been doing informally for years, namely working together and sharing resources for Villages' mutual benefit. Its other mission, over time, will be to help establish new Villages in unserved areas of the city. I hope that in the coming years we will connect more people with Villages and enhance the support and services available to older adults throughout the city.

This month, please take some time to rest and relax. Pour an ice-cold drink and join our "Staying Cool" online Open House on August 10th. If you're inclined to brave the heat, come improve your strength and balance by participating in our in-person Otago fall prevention

exercise classes. Or join us as we visit the MLK Library on August 14<sup>th</sup> to see a rare exhibit of drawings by Leonardo da Vinci and explore the many other excellent exhibits on display. For the MLK Library trip [sign up here](#) to register, and do let us know what other field trips you would like to see us offer in the future. And, as always, be sure to let us know if you need a ride to the doctor or help with your groceries.

There are so many ways that ERCV can be here for you. Consider becoming a neighbor-helping [ERCV volunteer](#) and help us prepare for the cooler days ahead. Meanwhile, I want to express my gratitude to all of you for making East Rock Creek Village a welcoming, thriving community. Stay cool!

*--David Mackoff*



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

David Bennett  
Michelle Carpenter  
Susan Davis  
Sylvia Dennison  
Skip McKoy  
Sheryl Mitchell  
Ekwi Olisemeka  
Lamar Dwayne Revis  
Jackie Sparkman  
Diane Wood

**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](mailto:info@eastrockcreekvillage.org).**

## SPOTLIGHT: DC Villages Collaborative

The **DC Villages Collaborative** has launched and has a new website! At East Rock Creek Village,



we understand the importance of aging in place and the value of community-based support. The [DC Villages website](#) is designed to provide a comprehensive source of information and resources about the Village Movement in DC. It is not only a way to connect individuals to Villages, but also connect DC Villages to each other. This website does NOT replace our [ERCV website](#). Rather, you will find a link to ERCV's website and to each of the other DC Villages on the ["Find a Village" page](#) of the DC Villages website. It will help our

members and potential members and volunteers as well as caregivers and other family members to find us and other Villages.



### ERCV items . . .

**Become an East Rock Creek Village Volunteer!** Are you newly retired or do you have a little time to make a big difference? East Rock Creek Village is looking for YOU! By volunteering, you will have the chance to help older neighbors by driving them to appointments or assisting with grocery shopping, gardening or light household tasks. ERCV is volunteer-managed, so you may also help plan and carry out our programs and do community outreach. You don't need to be a member and you can set your own schedule. If you are over 18 and willing to help, you will be trained, vetted, and supported, and you will no doubt make new friends! If you want to find out more, please fill out this online [Volunteer Interest](#) form.

**Farewell party:** Friends and neighbors recently gathered at the historic Silver Spring B&O



Railroad Station to bid a fond farewell to longtime ERCV member Fred Schirmacher before he moved from DC to Oklahoma to be near his family. The party was hosted by Montgomery Preservation, which maintains the B & O Station. Fred had built and for many years maintained a large model railroad layout at the station. ERCV has a forwarding address for Fred in case anyone wants to send him a card.

The photo of Fred and friends was taken by John Sery.



# HEALTH AND SAFETY TIPS

**Air quality information:** Smoke from Canadian wildfires continues to make its way into the DC region. You can check the air quality daily at <https://www.airnow.gov/>. Limit activity outdoors when the air quality is poor; if you must venture out, be sure to wear a mask.

**Smoke alarms:** Did you know that not only can you get a [free smoke alarm](#) for your home, but that it can be installed at no cost? Call 202-727-1614, [email](#) or [fill out this form](#). Unsure if your current alarm is working correctly or if your home is not as safe as it could be? You can arrange for a FREE [Home Fire Safety Inspection](#) for an assessment.

**Free dental services available for seniors:** The DC budget now funds free dental services for seniors through Community of Hope. Seniors aged 65+ who have no dental insurance coverage are eligible for all services, including crowns and dentures. Seniors with Medicare or private insurance that does not include dental coverage may also be eligible, depending on income level. For more information, review the [flyer](#), or call 202-540-9857 to get more information or book an appointment at one of the two sites.

**Sing for your health, well-being, and a sense of community!** Older adults who love to sing can join in song this fall with Encore Creativity for Older Adults, the nation's largest choral arts organization for adults 55 and older. No auditions or prior experience are required. For detailed information on locations and schedule, visit [www.encorecreativity.org/register](http://www.encorecreativity.org/register) or email [info@encorecreativity.org](mailto:info@encorecreativity.org) or call 301-261-5747. There is a registration fee, but financial assistance is available.

**Want to prevent falls? Try OTAGO:** Back in 2019, ERCV was the first Village in DC to launch an [Otago exercise program](#) -- an 8-week series of 17 exercises designed to reduce falls in older adults. Developed by physical therapists at Otago University in New Zealand, this program is specially crafted to enhance balance, strength, and agility, ultimately preventing falls and improving overall mobility. ERCV volunteers were trained to become trainers. When the pandemic hit, those who had completed the program moved to Zoom to continue their practice. Now that conditions are more favorable, ERCV is back at the Shepherd Park/Juanita E. Thornton Library for in-person classes for new practitioners.



Register [HERE](#) if you are interested in joining and reach out to us at 202-656-7322 or email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) before your first class. That way, we can ensure that all necessary class materials are ready for you and any questions have been answered. Our skilled and dedicated ERCV volunteers, Linda Glass and Susan Davis, lead our Tuesday and Thursday classes at the library and Antonia Balazs leads our Friday afternoon class via Zoom.

We believe that the Otago exercise program can significantly improve your well-being and reduce the risk of falls. Join us in taking this positive step towards better balance, strength, and agility. Let's work together to create a healthier and more active community. See the ERCV calendar for more details.



## USEFUL INFORMATION . . .

### Visit our Ward 4 farmers markets:

- [Uptown Farmers Market](#) at 5501 Colorado Ave NW on **Saturdays from 9am-1pm**
- [Takoma Park Farmers Market](#) at 6931 Laurel Ave on **Sundays from 10am-2pm**
- [Whittier Farm Stand](#) at 6201 5th St NW on **Tuesdays from 3:30pm-5:30pm**
- [Chevy Chase Farmers Market](#) at Lafayette ES on **Saturdays from 9am-1pm**
- [Petworth Community Market](#) at 9th & Upshur NW on **Saturdays from 9am-1pm**

**Updated yard waste collection program (DC Dept. of Public Works):** Beginning **August 9**, yard waste will be collected only in paper bags, unlike previous years when plastic bags were acceptable. DPW will collect up to 20 paper bags of yard waste from residences that receive DPW's trash and recycling collection services. Yard waste collection is now year-round. Residents must call 311 to make an appointment for yard waste collection or visit [311.dc.gov](http://311.dc.gov) to make an appointment. Residents are still able to 1) leave their paper yard waste bags at the point of trash collection; 2) drop off their yard waste at Fort Totten Transfer Station during normal business hours; or 3) take a home composting class and learn how to compost at home. Much more information is available on the [Department of Public Works website](#).

**Marketplace Plaza has opened:** The Parks at Walter Reed recently celebrated the opening of Marketplace Plaza, located on the northeast corner of The Parks (adjacent to Georgia Avenue and Fern Street). The Plaza is home to the new [Whole Foods](#) grocery store and a branch of [Chase Bank](#), and in the future will include new retail stores and restaurants including [The Charmery](#) ice cream shop, [Nailsaloon](#), [JINYA Ramen Bar](#), [Mezeh Mediterranean](#), and new residential apartments.

**Why think about snow in August?** 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](#).



## ERCV PORTRAITS - Meet Cathy Mascelli



Cathy Mascelli is determined to age gracefully and purposefully, and that was an important part of her decision to join ERCV. Watching her parents and in-laws spend their final years within the confines of their big, old houses, Cathy knew she wanted something different for herself. She observed their mobility decline and social connections dwindle, while geographic distance made it tough for her to offer assistance.

Despite having spent 43 years in her husband's hometown of Scranton, Pennsylvania, Cathy felt disconnected and yearned for a sense of community. She barely knew her neighbors, and she felt the area lacked a spirit of togetherness. Even the architecture seemed to emphasize the separateness of houses with attached garages and no front porches.

During her professional life Cathy wore many hats. Most notably, she was the coordinator of an employee wellness program at the University of Scranton, where she facilitated initiatives focused on weight management, financial and mental wellness, and parenting. Cathy has always gravitated toward intergenerational connections and believes we can all learn from one another, and she recalls how much she enjoyed regular card games with elderly neighbors when she was a teenager growing up on Long Island.

Driven by a desire to find a healthy and vibrant community, Cathy discovered the book *Pocket Neighborhoods: Creating Small-Scale Community in a Large-Scale World*, which helped her identify criteria for her ideal community. Access to family was crucial, so the location had to



enable easily driving or flying to her loved ones. Walkability to restaurants, shops, farmers markets, doctors, and public transportation was equally important. Takoma DC checked all the boxes, and her daughter and granddaughter happen to live nearby, so in 2021 Cathy made her move. She quickly got involved in a variety of activities, including swimming and aqua aerobics, yoga, and visits to the playground with her granddaughter.

While Cathy is thriving here, her family remains an integral part of her life, with sons in New Orleans and Scranton. Her husband Chuck remains in Scranton, working towards his own retirement. They've made it a priority to visit regularly and travel together.

Amidst the challenges of the pandemic, Cathy discovered a lifeline in ERCV. She enthusiastically joined the "Lunch Bunch", Monday morning walks, and other outings, and recently launched our monthly museum tours, relishing the chance to explore and connect with newfound friends. She is also looking forward to becoming one of our technology tutors, learning while assisting others.

As she continues to embrace new experiences and forge meaningful relationships, Cathy embodies the essence of aging with joy and purpose!

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

## ERCV AUGUST EVENTS CALENDAR—



*~ Pickerelleweed — Rock Creek Park ~*

*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](mailto:info@eastrockcreekvillage.org).



Tuesday & Thursday, August 1 & 3; 8 & 10; 15 & 17; 22 & 24; & 29: Shepherd Park Library:  
12:15-1:15 pm

#### **OTAGO FALL PREVENTION EXERCISE CLASS IN-PERSON!**

- 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.
- Classes meet 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](mailto:info@eastrockcreekvillage.org) or phone Susan Davis at 202-656-7322 to arrange an orientation before class.

Wednesdays, August 2, 9, 16, 23, & 30: 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 14<sup>th</sup> and 16<sup>th</sup> 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](mailto: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!

Wednesdays, August 2, 9, 16, 23, & 30: 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](mailto: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.

Fridays, August 4, 11, 18, & 25: 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](mailto:info@eastrockcreekvillage.org) or call 202-656-7322 for more information on Otago and to receive the Zoom link.

Fridays, August 4, 11, 18, & 25: 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](mailto: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.

Mondays, August 7, 21, & 28: 9:30 am (NOTE: No walk on the 14<sup>th</sup> because of MLK field trip)

#### **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](mailto:info@eastrockcreekvillage.org) if you would like to receive an email reminder on Sunday evening.

Mondays, August 7, 14, 21, & 28: 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](mailto:info@eastrockcreekvillage.org) if you would like to receive a reminder message on Sunday evening.

Thursday, August 10: 3:00-4:30 pm

### **STAY COOL OPEN HOUSE ONLINE**

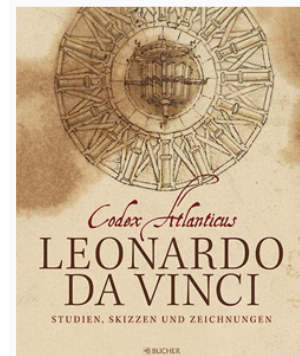


- How do you like to stay cool? Whether it's a nice glass of iced tea, lemonade, or some other tasty libation, come cool off with your new and longtime friends!
- We will share updates about ERCV programs and hear what you've been thinking about.
- Register [HERE](#) or call 202-656-7322 if you have any questions.

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

### **FIELD TRIP TO MLK LIBRARY TO SEE "IMAGINING 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 Leonardo Da Vinci Exhibit at the MLK Library.
- The group will meet at 9:30 am 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 2:00 pm. 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 also explore the Peoples Archive of DC and African American feminist history on the 1<sup>st</sup> and 4<sup>th</sup> floors of the library.
- Register [HERE](#), email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or call 202-656-7322.



Thursday, August 24: 4:00-5:30 pm

### **HAPPY HOUR AT OLIVE LOUNGE**

- Let's enjoy happy hour outside on the covered patio of the Olive Lounge at 7006 Carroll Ave., Takoma Park, MD. The Olive Lounge specializes in Middle Eastern fare but also has burgers and tacos on their long menu. Click [here](#) to take a look.
- Reach the back patio by walking through the parking lot at Willow and Carroll or along the walkway. 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 across the DC line.
- Register [HERE](#) or by email to [info@eastrockcreekvillage.org](mailto: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: GLENSTONE MUSEUM**

**THURSDAY, SEPTEMBER 7**

**9:30 am-3:00 pm**

Glenstone “offers a unique fusion of art, architecture, and nature, creating a serene and contemplative atmosphere for all who visit.” Watch this [short video](#) to learn more. Among the highlights will be the exhibit commemorating the centennial of American artist [Ellsworth Kelly](#). This enriching experience will be open to all ERCV members and friends living within the ERCV service area. There is no charge for admission, but each person will buy lunch there. Volunteer drivers who will also visit the museum are strongly encouraged. Please register [HERE](#) or contact the ERCV office at 202-656-7322 or [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) if you are interested.



### **SAVE THE DATE: ERCV COMMUNITY PICNIC**

**ROCK CREEK PARK, CARTER BARRON PICNIC AREA #24**

**SUNDAY, OCTOBER 1 (rain date: October 8)**

**3:30-6:30 pm**

Plan now to come enjoy an early autumn picnic with your ERCV friends and neighbors! We will supply tasty food and drink — we will just need YOU to join us. We will be in an open, flat area with covered picnic pavilion and restroom facilities, with easy and ample parking. We hope to see you then!

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](http://DMVVillageEvents.org)

**~ Today's Supreme Court with Penny Hansen: Wednesday, August 9, 5:30 pm via Zoom** – Join us online as Penny Hansen leads us in exploring the important cases and decisions made by the Supreme Court recently. The presentation will focus on the major Constitutional issues being decided by a clearly activist and divided court: election reform, health care, gun control, religion, presidential power, etc. Free and open to the community. For details about the presenter and to **register**, click [HERE](#), or contact the Georgetown Village Office at 202-999-8988 or email [info@georgetown-village.org](mailto:info@georgetown-village.org). Offered by **Georgetown Village**.

**~ Preventing Frauds, Scams, & Identity Theft: Tuesday, August 15, 4:00-5:00 pm via Zoom** – Mike Conrad, from the Montgomery County Police Department, volunteers with the MCPD's Keeping Seniors Safe program. This presentation will focus on preventing frauds, scams, and identity theft. Please **register** [HERE](#) to receive the zoom link. Offered by **Greater Stonegate Village**.

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



## ... AND OTHER COMMUNITY EVENTS ...

### **~ Commemoration of the 60<sup>th</sup> Anniversary of the March on Washington for Jobs & Freedom, 4-part Series: Wednesdays, August 2, 9, 16, & 23, 1:00-2:00 pm via Zoom**

— Sixty years ago this summer, hundreds of thousands of Americans convened in Washington, DC, to advocate for civil and economic rights for all. While best known for Dr. Martin Luther King, Jr.'s iconic "I Have a Dream" speech, the March on Washington for Jobs and Freedom originally positioned securing employment for all as a central rallying point. Join the Center for Economic & Policy Research ([CEPR](#)) for a 4-part series examining current employment conditions for Black families in the U.S. For details, click the links below.

- August 2: [The Forgotten History of the March for Jobs and Freedom](#)
- August 9: [The Continuing Struggle for Jobs](#)
- August 16: [The Continuing Struggle for Freedom](#)
- August 23: [Evaluating our Progress on Jobs and Freedom; Needed Next Steps](#)

Register [HERE](#).

**~ James Baldwin documentary screening "I Am Not Your Negro" & discussion, Georgetown Neighborhood Library: Wednesday, August 2, 5:30-7:45 pm** — On James Baldwin's 100<sup>th</sup> birthday, Georgetown Neighborhood Library is hosting a special event that includes a screening of the acclaimed documentary "I Am Not Your Negro", followed by a discussion on his life and legacy led by Nolan Harris, library associate at the DC Public Library. This is the first event of a year-long program that focuses on Baldwin's works and his contribution to African American literature and the civil rights movement. Georgetown Neighborhood Library, 3260 R Street, NW, Washington, DC, 20007, Tel: 202-727-0232. Click [HERE](#) for more information.

**~ Events at The Great Lawn, The Parks at Walter Reed** — For directions and parking options, click [HERE](#) and scroll down on the page.

- **Washington Bach Consort & Amy K. Bormat's Washington Women in Jazz: Saturday, August 12, 5:00-8:00 pm** — Click [HERE](#) for details.
- **DC Jazz Fest presenting Alex Hamburger Quartet & Jose Luiz Martins: Thursday, August 31, 6:00-8:00 pm** — Click [HERE](#) for details and to RSVP.

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

ERCV Newsletter Editor: Nancy Foster <a href="mailto:nfoster14thst@gmail.com">nfoster14thst@gmail.com</a>
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Our thanks to the DC Department of Aging and Community Living (DACL)  
and The Washington Home for their generous support.

