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⚙️ AUGUST 2023 UPDATE ⚙️



~ Pickerelweed — Rock Creek Park ~

Vote on a Ward 4 Commemorative Project

Residents can now [cast their vote](#) to decide which Ward 4 individual, event, or organization will be commemorated as part of the [Ward 4 Commemorative Project](#). The nominations were submitted by Ward 4 residents earlier this year, and they include the DC Caribbean Carnival on Georgia Avenue, the Highway Revolts, Neighbors Inc, United Blacks Against Discrimination, the Founding of DC Youth Orchestra, Ms. Vanilla Beane, and Mr. Stephen Whatley. The winner will be commemorated on public space in Ward 4. **Visit the DC Office of Planning's [website](#) to learn more about each nomination, the potential locations, and to [cast your vote](#).**

Stay Cool at the Pool

Outdoor pools are 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.

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



ERCV's field trip to the MLK Library on August 14th was a great success.
Photo by Cathy Mascelli



NEW ERCV PROGRAM

Calling for Volunteers to Read to Kindergarten through 2nd Grade children at Shepherd Elementary School

Early Readers is a program where adult volunteers come before school one day a week to Shepherd School to read to children who need an extra boost in reading and to listen as they learn to read. The program existed for 10 years before Covid shut down the schools. Now Ms. Russell, Principal at Shepherd, has expressed an interest in starting the program again.

Volunteers need to like elementary school aged children, be able to be at the school on time for the 1/2 hour commitment from 8:00-8:30am on their volunteer day, and to pass the required background checks. Although a start date has not been set, we anticipate the reading program

would begin during the month of October. If you are interested, please contact Susan Learmonth at susan.learmonth@gmail.com or 202-271-1309 or Judith McCullough at McCullough.Judith@gmail.com



HEALTH UPDATE

COVID is Ticking Up Again in The D.C. Region.

The D.C. region is experiencing its first substantial [uptick in coronavirus transmission](#) in several months. But this time, things look different – both in how the public responds to transmission, and how we can measure it. Regionally, a bump in hospitalizations due to COVID-19 started in July; by the end of the month, the number of COVID hospitalizations in D.C. had increased 30% from the month prior, [according to CDC data](#).

As has been the case for the past three-plus years, it's difficult to pin down precise causes of the current uptick. It's likely the result of the usual summer-time factors: increased travel and socialization. Waning immunity – both from previous infection and vaccines – could also be at play, as a new omicron subvariant, EG.5, takes hold. All of the variants circulating right now are of the omicron lineage (as one public health professor told the *Washington Post*, EG.5 is like one of [“several Barbies in the same film.”](#)) Like other omicron subvariants, EG.5 has shown to be better at evading immunity protection, but it isn't making people sicker.

Contact the ERCV office at (202) 656-7322 if you need a COVID test or mask. Another booster vaccine [should be on the way by the end of September](#), this time specifically formulated to target the XBB.1.5 variant.



Upcoming ERCV Events

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

Tuesday & Thursday, August 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 or phone Susan Davis at 202-656-7322 to arrange an orientation before class.

Wednesdays, August 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 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!

Wednesdays, August 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 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 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 or call 202-656-7322 for more information on Otago and to receive the Zoom link.

Fridays, August 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 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 21 & 28: 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, August 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 if you would like to receive a reminder message on Sunday evening.

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 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 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. Members may request rides if needed. We hope to see you there!

*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.*



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

~ **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**.

~ **Community Resources for Older Adults, Tuesday, August 29, 3:00-4:00pm via Zoom** – Village members are invited to learn about the array of community resources for older adults in the District. We will learn from our expert presenter, Melissa Susser, LICSW, Caregiver Education & Outreach Coordinator, Psychotherapist & Support Group Facilitator at Iona. This will be an informational presentation followed by a Q&A with Melissa. Register [HERE](#). Offered by **Greater Brookland Intergenerational Village**.

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



... AND COMMUNITY EVENTS ...

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

~ *Commemoration of the 60th Anniversary of the March on Washington for Jobs & Freedom, 4-part Series: Wednesdays, August 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 16: [The Continuing Struggle for Freedom](#)
- August 23: [Evaluating our Progress on Jobs and Freedom; Needed Next Steps](#)

Register [HERE](#).

~ *Ward 4 CARE Community Day in Brightwood, Wednesday, August 16, 4:00-7:00pm, Fort Stevens Rec Center, 1327 Van Buren Street NW* – Come find Ward 4 Councilperson Janeese Lewis George there for resources from DC agencies, door-to-door outreach to neighbors, constituent services support, and a day of bringing our community closer together. [RSVP](#) if you plan to come.

~ *Summer in the Parks at Fort Slocum Mini Oasis, Thursday, August 17, 6:00-8:00pm* – the Rock Creek Conservancy and the National Park Service will host a [Summer in the Parks event](#) at Fort Slocum (5800 Kansas Ave NW) with picnics, music, games, and other activities. These [Fort Slocum events](#) will take place every Thursday in August, so stop by.

~ *End of Summer Block Party, Saturday, August 26, 11:00am-2:00pm, Upper Georgia Ave* – featuring local vendors, live music, community organizations, LIVE mural painting, and more! PLUS: Meet the artists from the traffic control box project on Upper Georgia Avenue. Hear them talk about their designs and support their work. This event is FREE and family friendly, however a suggested donation of \$10 helps us put on more community events to support the small business community on Upper Georgia Ave. Our organization is a registered 501c3. Where? Various locations all around the intersection of Georgia Ave, Alaska Ave, and Kalmia

Road. What? Mural painting and unveiling, local vendors, live music, artist talks from the traffic control box artists and more! **RSVP and stay up-to-date on Eventbrite:** [UGAMSBlockParty.eventbrite.com](https://www.eventbrite.com/e/UGAMSBlockParty)

~ John Lamkins "Favorites" Jazz Quintet, Saturday, August 26, 6:30pm-8:30pm, Wesley United Methodist Church, 5312 Connecticut Ave, NW – This month the concert features the John Lamkins "Favorites" Jazz Quintet. Tickets are \$10 payable by cash or credit card at the door. Meals are for sale for \$10-\$12 beginning at 6:15pm. More details are at www.nationalchurch.org/jazz ERCV member Julian Blair shared this event with us!

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 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



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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