

SEPTEMBER 2023

East Rock Creek Village — 202-656-7322

7707 13th St. NW, Washington, DC 20012

info@eastrockcreekvillage.org—www.eastrockcreekvillage.org



PRESIDENT'S CORNER

Embracing the Season



Schools are reopening and Labor Day is approaching. Temperatures are slowly beginning to cool. Before we know it, autumn will be here. September is a time of transitions and an opportunity for fresh starts and exciting adventures.

What kinds of adventures, you may ask? How about a field trip to see the wonders of the Glenstone museum? Our Village will have a group going there on September 7th. If you are interested, please [register](#) for it today, so our volunteers will know how many complimentary tickets and rides to arrange.

Last month's online Open House offered a treat when ERCV member Rima Shaffer shared her beautiful photographs of her summer garden. You can see a few of her "Amaryllis Series" photos on our website [here](#). Who knows what we will see, hear, and learn at this month's gathering on Thursday, Sept 14th? I hope you'll be there. Also in August, we had a sizeable turnout for our happy hour at Olive Lounge, and we'll be meeting there again this month. Come have a refreshing drink and perhaps an early dinner with your fellow Villagers on Thursday, September 21st.

Don't forget that our October 1st community picnic in Rock Creek Park is just around the corner. Now is the time to [register to join us](#). We will supply all the food and drink, but we would appreciate the help of a few more volunteers to assist with planning, setup, and cleanup.

Remember, every day is a chance for a fresh start, and the crisp autumn weather to come can give us renewed energy. I encourage everyone to seek and embrace new opportunities, nurture

friendships, and cultivate healthy habits. Being an active member of East Rock Creek Village is an excellent way to get a jumpstart on the season. I hope that we will all enjoy my favorite month of the year!



I want to wish the most important man in my life, my father Benjamin, a very happy 90th birthday. May he celebrate many more! And finally, to all who celebrate the Jewish High Holidays, I wish a sweet new year and a meaningful time of reflection. *L'chaim!* To life!

--David Mackoff



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

Lisa Apple
Ann Castiglione-Cataldo
Nancy Foster
Beverly Grace
Audrey Little
David Mackoff

**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: ERCV Community Picnic!

ROCK CREEK PARK, CARTER BARRON PICNIC AREA #24

SUNDAY, OCTOBER 1 (rain date: October 8)

3:30-6:30 pm

[REGISTER NOW](#)



Register now and come enjoy an early autumn picnic with your ERCV friends and neighbors! We will supply tasty food and drink — we just need YOU to join us. Picnic Grove 24 is located across from the Rock Creek Park Tennis Center at Carter Barron off 16th St. NW and Morrow Drive. 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 there! Please call 202-656-7322 or email info@eastrockcreekvillage.org to let us know if you would like a ride to the event or if you would like to be a volunteer helper.



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, or making friendly visits and calls. 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 an ERCV 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.

New ERCV program — a call for volunteers to read to kindergarten through 2nd grade children at Shepherd Elementary School: In the Early Readers Program, adult volunteers come before school one day a week to read to children who need an extra boost in reading, and to listen as the children learn to read. The program had existed for ten years before COVID shut down the schools. Now Ms. Russell, Shepherd Principal, has expressed an interest in starting the program again.

Volunteers should enjoy elementary school aged children and be able to be at the school on time for the 30-minute commitment from 8:00-8:30 am on their volunteer day, and must pass the required background check. Although a start date has not yet been set, we anticipate beginning during October. If you are interested in volunteering, please contact Susan Learmonth at susan.learmonth@gmail.com or 202-271-1309, or Judith McCullough at McCullough.Judith@gmail.com.

ERCV newsletter archive: Looking for past President's Corners or our archive of ERCV newsletters? You can find them by clicking this [link to our newsletters](#). If you're looking for a specific back issue, please let us know and we'd be happy to track it down for you.

Local resources: Want to find the link to sign up for one of our neighborhoods' listservs or request constituent services from Ward 4 Councilmember Lewis George's office? Check out the [resources available on the ERCV website](#) for all of that and much more. Please let us know if there are other resources that would be helpful for us to post.

ERCV's YouTube channel: Many of the Armchair Travel virtual events we hosted over the course of the pandemic have been posted on our YouTube channel. We encourage you to go [check out our channel](#)!



HEALTH AND SAFETY TIPS

Fall respiratory viruses: There are now vaccines for the fall respiratory viruses—flu, COVID, and RSV—all of which we know pose extra risks to seniors. There is an updated COVID vaccine on the way, and more information will be available soon. Meanwhile, we encourage all our readers to consult your healthcare provider about how best to protect your health through vaccines and other means.

There has been a recent uptick in COVID infections in our community. If you aren't feeling well, please stay home and take a COVID test. ERCV is well stocked with COVID test kits and masks. Contact us at 202-656-7322 or info@eastrockcreekvillage.org if you want a delivery or have questions.

Fall Prevention Awareness Week is September 18-22 this year. It is a nationwide observance to raise awareness on preventing falls, reducing the risk of falls, and helping older adults live without fear of falling. This is a great week to try out ERCV's Otago Fall Prevention Exercise class. The class meets on Tuesdays and Thursdays at 12:15 pm at the Shepherd Park/Juanita E. Thornton Library. Register [HERE](#) (details in the ERCV Calendar section below). There is also an [educational event about Fall Prevention at Hattie Holmes](#) on Thursday, September 21 (see the Community Calendar listing below).

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](#) for the schedule of 2023 presentations. (See Community Calendar section for the September Minute about Medicare's Fall Open Enrollment.)



USEFUL INFORMATION . . .

Scam alerts:

- Ever send money through an app like **Venmo, CashApp, or Zelle**? They make it easy to send money quickly to friends or family. But what happens when it's a scammer on the other end? To protect yourself, read the Federal Trade Commission Consumer Advice article [HERE](#) or watch this [YouTube video](#).
- Avoiding **home improvement scams and disputes**: The DC Attorney General has issued a consumer alert for DC residents planning to upgrade or remodel their homes to beware of scams and unreliable contractors. The warning advises residents to beware of contractors who show up at your door unannounced, say they can offer a lower price using surplus materials, pressure you to hire them immediately to receive a discount, demand payment upfront, or offer to arrange financing for you. These are all signs of potentially deceptive and unethical business practices. **Read the [full consumer alert](#)** on how to choose a contractor with confidence, protect your investment, and avoid being scammed.

Practical steps for crime prevention:

- Make sure all of your doors and windows are closed and locked before you leave your home or go to sleep. Recent incidents have involved thieves targeting open accesses. If you have an alarm, use it.
- Participate in the DC Camera Rebate Program. The District will reimburse you up to \$500 to install cameras at your home. For detailed information click [HERE](#).
- Stay aware of your surroundings, and if you see something, say something. When in doubt, call 9-1-1.

(Courtesy of the Foggy Bottom West End Village newsletter)

Dept. of Motor Vehicles fall/winter operating hours: Effective Tuesday, September 5, the Inspection Station will transition to fall/winter operating hours. The Inspection Station operates on a first-come, first-served basis. **Hours:** Sunday and Monday closed; Tuesday, Thursday, Friday, and Saturday, 7:00 am–3:00 pm; and Wednesday, 8:00 am–3:00 pm. All DC DMV locations will be closed on Saturday, September 2, and on Labor Day. Many of DC DMV's services will remain available [online](#) or via the agency's free mobile app. DC DMV's Self Service OBD Kiosk is available 24/7 for vehicles that are model year 2005 or newer at the Takoma Recreation Center, 300 Van Buren Street, NW. Visit www.dmv.dc.gov for details.



ERCV PORTRAITS - Meet Ann Hairston



Ann Hairston has lived in Shepherd Park possibly longer than any other current resident! She made it here in a roundabout way. Her roots are in Louisiana, where she met her now-deceased husband Joe while he was stationed there with the US Army. Coming from Pennsylvania, he had

a rude awakening in terms of heat, Jim Crow laws, kiss greetings, social structure, and pretty much everything else. Ann helped him adjust, but he really hated it. They were both 19 years old when they tied the knot in 1941. They lived a nomadic life, raising four daughters in far-flung locations while Joe built his military career. They had a Green Book for traveling but rarely used it, even as they crossed the US four times. Instead, they packed sandwiches and the whole family slept in the car.

In Fort Knox, they were turned away from the neighborhood school due to segregation. An Army driver was assigned to take eldest daughter Nancy to and from the Black school, 35 miles away in a dilapidated church. The school was terribly crowded, with no desks, books, or other supplies. Joe brought his Commanding Officer there to show how bad how it was, and the very next day Joe got transfer orders to San Francisco. Their next posting after that was Japan. Ann recalls that the electricity in Okinawa was unpredictable, but she was resourceful: she made a mini-stove from a coffee can and candle to cook eggs, meat, and pancakes! While there, the girls contracted measles and the neighbor children brought over a gift—a cat named Mama who was with them for 18 years, in every camp, base, plane, bus, and ship. Ann says military life was fun and exciting, and she met many wonderful people who took care of each other through challenging times.

The Hairstons came to DC in 1954 after Joe's final posting, just in time for the girls to be among the first Blacks to integrate the public schools. Nine years later, while home-shopping in the era of blockbusting and redlining, they discovered Shepherd Park. After approaching the listing agent of a house they liked, they learned that there was actually a covenant in place denying sale to Jews or Blacks. Undaunted, Joe asked a White, blonde JAG officer he knew to pose as his wife when he returned in uniform. Their offer was accepted; but the seller was so upset when she saw who showed up at settlement that she sued the real estate brokerage!

The Hairstons settled into their Floral Street home, and Joe started buying as many homes as possible to fight prevailing racist policies. He scooped up properties through tax sales and rented them out, often selling to tenants, including ERCV stalwarts Bob and Susan Learmonth. During this time, Joe was one of the founders of Neighbors Inc., which gave Shepherd Park the diversity we enjoy today.

The Hairstons also integrated Bethany Baptist Church in Brightwood. Although they attended faithfully every week for years, their request to join as members was denied, and they remained permanent guests. When daughter Naomi's wedding day approached, the minister invited the entire congregation. So many people attended, likely out of curiosity about a Black wedding, that they ran out of food and champagne meant for friends and family.

As her daughters grew and became more independent, Ann welcomed opportunities outside of her home. She worked as a dental assistant, and became a docent at the Smithsonian Museum of Natural History. Her youngest daughter Vicki often joined the tours during school breaks. Ann later served on the information desk at Walter Reed Army Medical Center at its original

location on Georgia Avenue. She knew the hospital intimately, and the soldiers and their families loved her wit and friendly smile.

Ann and Joe celebrated their 80th birthdays/60th anniversary with all their neighbors and lifelong friends. Ann is now over 100 years old and loves to reminisce about her part in so much adventure and change-making.

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



ERCV SEPTEMBER EVENTS CALENDAR—



~ milkweed seeds ~

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.

Fridays, September 1, 8, 15, 22, & 29: 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.
- Register [HERE](#) to receive the zoom link & join the online class. Email info@eastrockcreekvillage.org or call 202-656-7322 for more information on Otago.

Fridays, September 1, 8, 15, 22, & 29: 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.
- Register [HERE](#) to join the online class or email info@eastrockcreekvillage.org with questions or to receive reminder emails each week.

Monday, September 4: Labor Day

Mondays, September 4, 11, 18, & 25: 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, September 4, 11, 18, & 25: 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.

Tuesdays & Thursdays, September 5 & 7, 12 & 14, 19 & 21, 26 & 28, 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, September 6, 20, & 27: 9:00-10:00 am (NOTE: no walk on the 13th)

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, September 6, 13, 20, & 27: 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, September 7: 9:30 am-3:00 pm

FIELD TRIP TO GLENSTONE MUSEUM

- There is still room for you to join an exciting ERCV field trip to Glenstone Museum in Potomac, MD.
- 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 will pick up and deliver members. For the health and well-being of all, we would like participants to be masked while traveling to and from the museum and strongly encourage masks to be worn while there. We can provide anyone with a mask or with a rapid COVID test to do before coming.
- Please register [HERE](#) or contact the ERCV office at 202-656-7322 or info@eastrockcreekvillage.org if you are interested.

Friday, September 8: 10:30 am-12:00 pm

JOIN THE ERCV PROGRAM COMMITTEE MEETING ONLINE!

- Help us plan our upcoming October 1 Community Picnic and share your ideas about programs to offer through the fall and winter. Do you want to see more music & arts events, some financial and end-of-life planning sessions? More COVID-safe in-person events and a holiday party? What would make you smile and be an active ERCV member?
- Please register [HERE](#).
- Interested, but can't make this meeting? Email info@eastrockcreekvillage.org with your ideas or to set up a time to talk with Shelley.

Monday, September 14: 3:00-4:30 pm

OPEN HOUSE ONLINE

- Welcome new members and catch up with longtime friends and neighbors. How was your summer? Share photos and let us know what you are looking forward to this fall.
- 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.

Thursday, September 21: 1:00-2:30 pm

HAPPY HOUR AT OLIVE LOUNGE



- We had such a great turnout and fun time at Olive Lounge's happy hour last month that we're doing it again! Please join us outside on the covered patio at 7006 Carroll Ave., Takoma Park, MD.
- Enjoy the happy hour menu or order an early dinner from the regular menu. Click [HERE](#) to take a look. Each person buys their own meal so bring a credit card to start a tab, or pay with cash.

- 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.
- 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.

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

~ Pelvic Health Webinar: Wednesday, September 9, 2:00–3:00 pm via Zoom – Learn how physical therapy can help maintain your pelvic health so that “those embarrassing moments” don’t derail your day! This webinar session will address pelvic floor issues for both men and women. Doctors at Rose Physical Therapy will demonstrate exercises for your pelvic health and discuss how they can prevent/reduce incontinence. They will also cover pelvic pain and other related issues. You will be able to ask questions of the presenters. Exercises can be done on the floor/yoga mat or seated. No special equipment is required. You will receive the zoom link upon registration as well as in a reminder email the day before the talk. If you have any questions, please email nadiataran@mindspring.com. For details and to **register**, click [HERE](#). Offered by **Foggy Bottom West End Village**.

~ ***The Untold History of California as a Slave State: Tuesday, September 26, 11:00 am–noon, via Zoom*** – Jean Pfaelzer will share the untold history of California as a state that was built on slavery, upending our understanding of race in the West and redefining America’s uneasy paths to freedom. In American lore, California is Eden, a land of unending sunshine, long coastlines, and rich harvests. But Pfaelzer’s new book, *California, A Slave State*, shows that since the very first colonizers crossed the border, the Golden State was and still is powered by slavery—a piece of American history that many still try to bury. This once-shrouded history spans three centuries of diverse types of slavery and slave revolts. Pfaelzer lives in Washington, DC, and is a public historian, commentator, and professor of American studies at the University of Delaware. Her books include *Driven Out: The Forgotten War Against Chinese Americans*; *Rebecca Harding Davis: Origins of Social Realism*; and *The Utopian Novel in America*. 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 ...

~ ***Oral History Training Course: Tuesdays, September 5 & 12, Thursday, September 7, 6:30–8:30 pm at Martin Luther King, Jr Library*** –The [DC Oral History Collaborative](#) will offer a free three-session course for DC residents interested in learning how to record interviews with their family, neighbors, and communities. Participants must commit to attending all three sessions. For more information and **registration** click [HERE](#).

~ ***“Art is a Labor of Love” Solo Exhibition opening, Kindalew Collective: Thursday, September 7, 6:30–8:00 pm, Friendship Heights Village Community Center*** – **Zsudayka Nzinga** is a multi-disciplinary fine artist, curator, and arts educator from Aurora, CO, living in Washington, DC. Her paintings use acrylic, fabric, vinyl, relief print, ink, hand-dyed paper, decorative paper, and oil bars. **James Stephen Terrell** is a native Washingtonian, a graduate of Gonzaga High School and Howard University. His parents are Rev. Dr. James E. Terrell, Pastor of the historic Second Baptist Church of Washington DC, and retired Superior Court Associate Judge Mary A. Terrell of the DC Superior Court. Terrell’s work is inspired by the stained glass windows found in the Black Baptist Church and the Roman Catholic Church. He uses color-blocking techniques to simultaneously interlock and unlock memory, life experience, and spiritual existence. Friendship Heights Village Community Center, 4433 S. Park Avenue, Chevy Chase, MD.

~ ***National Portrait Gallery Symposium on Imperialism: Friday, September 8, 10:00 am–6:30 pm, and Saturday, September 9, 10:30 am–6:00 pm, National Portrait Gallery, 8th & G St. NW*** – Join the National Portrait Gallery for the 2023 Edgar P. Richardson Symposium, organized around the landmark exhibition “1898: U.S. Imperial Visions and Revisions,” the Smithsonian's

first major exhibition on U.S. imperialism and the pivotal conflicts of 1898. The symposium will convene over 40 scholars and artists from the Philippines, Guam, Puerto Rico, Hawai'i, Cuba, Spain, the United Kingdom, and the United States for two days of panels, roundtables and gallery talks, and a keynote address by 2022 Pulitzer Prize Winner Ada Ferrer. **Keynote address Friday, September 8, 5:00 pm**, followed by audience Q&A and public reception. The exhibition examines the War of 1898 (the Spanish-Cuban-American-Filipino War), the Joint Congressional Resolution to annex Hawai'i, and the Philippine-American War. Drawing on portraiture and visual culture, the symposium will provide a panoramic perspective on these conflicts and shine a light on the public debates surrounding them. In-person and free. **Registration encouraged** via tinyurl.com/mke48usr.

~ Local E-Waste Collection Event: Saturday, September 9, 10:00 am – 2:00 pm, Chevy Chase Community Center – Do you have old electronics sitting around that you have been wanting to recycle properly? There will be an e-cycle collection truck parked on Connecticut Ave. between Northampton and McKinley St. Allowed electronic equipment includes computers, tablets, e-readers, monitors, TV's, mobile phones, desktop printers, DVD players, and VCRs. For a complete list of accepted items, click [HERE](#).

~ Mindfulness on the Lawn: Saturdays for 5 weeks beginning on September 9, 10:00–11:00 am, the Parks at Walter Reed Great Lawn – The 5-week program includes a variety of mindfulness exercises to support participants in enhancing creative self-expression and compassion. It works well as a series, or participants can benefit from attending just one session. The series will touch on the five pillars of mindfulness (breath, body, mind, emotions, and mood) and is accessible for all ages and all sizes! For more information, click [HERE](#).

~ Silver Spring Jazz Festival: Saturday, September 9, 3:00-9:00 pm, Veterans Plaza (Fenton & Ellsworth) – Free entertainment on multiple stages, no tickets needed. Click [HERE](#) for the festival schedule.

~ Final Jazz in the Parks: Saturday, September 9, 5:00-8:00 pm, The Parks at Walter Reed Great Lawn – Come out to the final Jazz in the Parks for the year with Rochelle Rice. The night starts with children's opening performance by Polka Dots & Moon Beams with Heidi Martin at 5pm. Bring your own picnic, blanket, and refreshments and enjoy popular local food vendors and giveaways. For more information, click [HERE](#).

~ Takoma Park Folk Festival: Sunday, September 10, 10:30 am-6:30 pm, Takoma Park Middle School, 7611 Piney Branch Road – The Takoma Park Folk Festival is excited about presenting an in-person festival this year, with multiple music stages and craft vendors. This year's festival will be at Takoma Park Middle School and Lee Jordan Field. Click [HERE](#) for more information.

~ Fall Prevention Day: Thursday, September 21, 9:30 am–12:30 pm, Ward 4 Hattie Holmes Senior Wellness Center, 324 Kennedy Street NW – Fall Prevention Awareness Week is a nationwide observance with state coalitions and partners to raise awareness on preventing

falls, reducing the risk of falls, and helping older adults live without fear of falling. This year Around Town DC has partnered with DACL and Safe at Home Clinical Manager Tori Goldhammer to screen and educate on the 4 categories of fall risks: vision, medication, balance/strength, and environment. For more information, click [HERE](#).

~ Medicare Minute session—Fall Open Enrollment Period: Thursday, September 21, 3:00-3:30 pm online – Fall Open Enrollment is the time of year when you can change your Medicare coverage, but knowing where to start can be tough. In this Medicare Minute, you'll learn about the types of changes you can make and strategies to choose the coverage that best fits your needs for 2024. Sign up [HERE](#).

~ Black Voices Book Club presents In Every Mirror She's Black: Monday, September 25, 6:30 pm – At Shepherd Park/Josephine E. Thornton Library, 7420 Georgia Ave. NW. The book by Lola Akinmade Akerstrom tells the intertwined stories of three very different Black women who all end up living in Sweden. Kemi is a Nigerian-American marketing executive who moves for a high-powered job. Brittany is a Jamaican-American flight attendant who is swept up in a wild romance. Muna is an 18-year-old refugee from Somalia. For more information call 202-541-6100 or email shepherdparklibrary@dc.gov. *If you are an ERCV member who would like a ride to the event, please call our office at 202-656-7322.*

~ West Side Story: Tuesday, September 26, 4:00 pm – At Shepherd Park /Josephine E. Thornton Library. “West Side Story” is Leonard Bernstein’s musical rendition, or interpretation, of the story of Romeo and Juliet. However, instead of being a Shakespearean production, it is a musical set in the 1950s and revolves around two rival gangs and the forbidden love between Tony, the leader of the Jets, and Maria, the sister of the leader of the Sharks. For more information call 202-541-6100 or email shepherdparklibrary@dc.gov. For reasonable accommodations, please contact the Center for Accessibility at least (7) days in advance at 202-727-2142 or DCPL access@dc.gov.

-- 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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**THE
WASHINGTON
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