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⚙️ SEPTEMBER 2023 UPDATE ⚙️



~ milkweed seeds ~

HEALTH UPDATES

As COVID Cases Rise, Take Steps to Stay Healthy
New COVID boosters are here!

Earlier this week, the Food and Drug Administration (FDA) approved the new shots and the Centers for Disease Control and Prevention (CDC) [weighed in with recommendations](#) for who should get them. The quick answer is... Everyone ages six months and up should get the new booster!

- Our neighborhood CVS, Giant and Safeway Pharmacies are stocking up and setting appointments for the new COVID booster as well as Flu and RSV shots.
- DC Health will also bring vaccines to you at home. **If you need a home visit, call DC Health at 1-855-383-0333**
- Contact the ERCV office at (202) 656-7322 if you need a COVID test, a mask or help scheduling an appointment.
- The Federal government is no longer paying for the vaccines, but Medicare, Medicaid and most private insurance should cover the Covid boosters. Here is a [good summary](#) on insurance coverage from AARP.

September is National Preparedness Month. For 2023, the Federal Emergency Management Agency (FEMA) is directing a campaign to the older adults because those who are low income, have disabilities, or are isolated can face barriers in preparing for disasters and are among the most vulnerable during emergencies. Check out the [Ready campaign website](#) and watch this [short AARP video](#) about how to be prepared.

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. Details are in the ERCV Calendar section below. And there is a District-wide [educational event about Fall Prevention at Hattie Holmes](#) on Thursday, September 21 (see the Community Calendar listing below).



Register for ERCV'S COMMUNITY PICNIC



ROCK CREEK PARK, CARTER BARRON PICNIC AREA #24
SUNDAY, OCTOBER 1 (rain date: October 8)

3:30-6:30 pm

[REGISTER NOW](#)

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! Register [HERE](#) and 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.



SPOTLIGHT:

**Wondering what ERCV's StrongerMemory
Brain Exercise Program
is all about?**

StrongerMemory participant David D. describes the StrongerMemory Brain Exercise Program this way:

*"As we get older our memory may decrease. The prefrontal Cortex section of the brain where memory exist needs exercising as well as the rest of our body. **Stronger Memory training consists of daily 30 minutes exercises of simple math, writing, and reading out loud.** In addition, there is a one hour weekly small group meeting consisting of approx. 6 – 10 participants that*

*provide support for each other after working together building non-threatening trust relationships which is paramount for communication risk taking. Sharing of personal experiences of the past, including doing the exercises, helps strengthen memory. **The group has fun during the weekly exchanges.***

-- ERCV member, David D.

Members, volunteers and friends of East Rock Creek Village are invited to join David in our Stronger Memory group beginning in October. A workbook and other materials will be provided free. All are welcome. Our weekly check in group is by Zoom on Wednesdays from 4pm to 5pm.

If you want to be added to the group or have questions, please email info@eastrockcreekvillage.org or phone 202-656-7322. A private orientation to the program via Zoom can be arranged for you.



Upcoming ERCV Events

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

Fridays, September 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 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.

Mondays, September 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 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 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 20 & 27: 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, September 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.
- All new, current and past participants are invited to join the StrongerMemory cohort launching on Wednesdays in October.
- 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 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.



Sunday, October 1: 3:30-6:30 pm (Rain Date: Sunday, October 8)

ERCV COMMUNITY PICNIC

- We will supply tasty food and drink — we just need YOU to join us.
- Picnic Area #24 at Rock Creek Park is located across the street from the [Rock Creek Tennis Center](#). The entrance is at 16th and Kennedy streets. See the [Picnic Areas](#) web page for an interactive location map. **PARKING:** Picnic Area #24 shares the parking lot with the tennis center.
- 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.
- [REGISTER HERE](#)

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

~ District Dialogues with At-Large Councilmember Kenyon McDuffie, Monday, September 25, 7:30pm-8:30pm via Zoom – Capitol Hill Village and the Hill East Civic Association invite you and your members to join in the next meeting of CHV's virtual District Dialogues series with At-Large Councilmember Kenyon McDuffie. He will speak about his proposed legislation, currently under Council Review: "Reparations Foundation Fund and Task Force Establishment Act of 2023." As introduced, this legislation (Bill 25-152) would require the Commissioner of the Department of Insurance, Securities, and Banking to establish a slavery era database of records relating to slaveholding. Among other things the legislation would establish a Reparations Task Force to study and develop reparation proposals for African Americans directly wronged and traumatized by the ills of slavery, Jim Crow, and structural and institutional racism. Register [HERE](#). Offered by Capitol Hill 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 newbook, [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 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.

~ 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](#).

~ Public Meeting of the Friends of the Juanita E. Thornton-Shepherd Park Library, Thursday, September 21, 6:30pm, Upstairs Meeting Room, 7420 Georgia Ave, NW – . Ward 4 Councilmember Janeese Lewis George is invited to talk about the Ward 4 Libraries Act, which goes into effect Oct. 1, and how it works. Also on our agenda is author and radio host Carolivia Herron, who will talk about when people tried to ban her children's book "Nappy Hair." We'll hear an update on the library from manager Deborah Hirsch. We will also have nominations and elections for officers for 2024. You don't have to be a member to attend, but membership forms will be available

~ Black Voices Book Club presents In Every Mirror She’s Black: Monday, September 25, 6:30 pm – At Shepherd Park/Juanita 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 /Juanita 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.

~ Author Talk: Writer & Artist Jamal D. Childs, Thursday, September 28, 6:30pm, Lower Level Meeting Room, Takoma Park Neighborhood Library branch, 416 Cedar Street, NW – The Takoma Park Neighborhood Library branch of the DC Public Library system welcomes local writer and artist Jamal D. Childs to speak about his novel [Rookie Season](#) which was published in 2022. Copies of the book are available to check out from the library system. For more information, please send an e-mail to takomaparklibrary@dc.gov or call **202-576-7252**.

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 SEPTEMBER!**

**Lisa Apple
Ann Castiglione-Cataldo**

Nancy Foster
Beverly Grace
Audrey Little
David Mackoff
Ann Stamps



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



L'shana tovah 5784

*Happy Rosh Hashanah to those who celebrate
Wishing everyone a sweet & healthy year!*

Mid-month Update: Shelley Moskowitz

ERCV Newsletter Editor: Nancy Foster nfoster14thst@gmail.com

Our thanks to the DC Department of Aging and Community Living (DACL) and [The Washington Home](#) for their generous support.



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&
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