

OCTOBER 2023

East Rock Creek Village — 202-656-7322

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PRESIDENT'S CORNER

Into Autumn



John Keats' ode "*To Autumn*" celebrates the fleeting beauty of these months as a "Season of mists and mellow fruitfulness". Truly this is a time to savor the weather, share our bounty with others, and take time to plant seeds for future feasts. In a nutshell, that's what we at East Rock Creek Village are doing this month.

To begin, if you are reading this note on Sunday, October 1st, it may not be too late to come to our community picnic at Carter Barron in Rock Creek Park. We will be there between 3:30 and 6:30pm at Picnic Area #24 with plenty of free food and, I'm sure, having fun with ERCVers we know or are just meeting. I hope you can come join us!

In addition, we have an abundance of activities on offer throughout the month, some online via Zoom, some in person. Online you can come to our [Open House](#) and discussion on Thursday, October 12th, or, if you'd like a good chance to win prizes and have a laugh or three, come in costume (or not) to our **spooky** [Halloween-themed online bingo game](#) on Thursday, October 26th. Every Friday at 3:00pm you can stretch with friends at our chair yoga classes. Plus there is plenty of room for new participants in our latest [StrongerMemory brain exercise](#) group.

In person, you can join us for neighborhood walks on Mondays and Wednesdays amidst the falling leaves, or come to our [Otago Fall Prevention](#) classes every Tuesday and Thursday at the Shepherd Park Library. Or you can kick back with friends at our popular [happy hour gathering](#) at Olive Lounge on Thursday, October 19th. And don't miss our [field trip to the East Wing of the National Gallery](#) at the end of the month. There is something for everyone to enjoy!

Do remember that October is the beginning of Medicare Open Enrollment. This is a good time to see what, if anything, you need to update or change. Please let us know if you need help sorting through your options. This is also an important time to get vaccinated. Getting your flu, RSV, and new COVID-19 shots now will help protect you through the winter months. We have masks and tests for those who need them, and volunteers who are ready to help you.

Let's stay rooted even as cooler breezes begin to blow. I hope we'll make this October one to remember by taking good care of ourselves and each other and celebrating our neighbors' presence in our lives. East Rock Creek Village thrives when we all contribute and connect – as volunteers or simply as neighbors. I hope to see you this month, whether at our picnic today or at one of our upcoming activities.

--David Mackoff



Happy Birthday to ERCV members born in OCTOBER!

Claudia Anyaso
Richard "Buddy" McDaniel
Barbara Pike
Akbar Sharieff
Lillian Spuria
Shirley Thompson
Virginia View
Carol Wilson

**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: Gardening for Wildlife



The idea of “gardening for wildlife” evokes images of beautiful, blossom-filled gardens teaming with colorful birds and butterflies. But did you know that fall is the best time to plant and that there are some specific things you can do in the autumn garden to support your local wildlife? Click [HERE](#) to see! The fall wildlife garden is also a great place to have to some fun

with friends and family. There’s always so much going on, especially compared to the average yard that’s mostly just lawn. Check out National Wildlife Federation’s [Green Hour](#) for creative fall activities for all ages, like [Fall in Love with Leaves](#), and [Start a Fall Nature Notebook](#).








HEALTH UPDATES

Medicare Open Enrollment is from Oct. 15 to Dec. 7: During the Medicare open enrollment period, you can make changes to your Medicare health and drug coverage that will take effect on January 1, 2024. During Medicare open enrollment, you can review your existing coverage and make changes to it. Specifically, you can:

- switch from Original Medicare to a Medicare Advantage plan;
- switch from a Medicare Advantage plan to Original Medicare;
- switch from one Medicare Advantage plan to another;
- switch from one Medicare Part D drug plan to another;
- join a Part D drug plan; or
- drop your Part D coverage.

Medicare health and drug plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks. October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs. For Medicare plan information or compare plans, call 1-800-MEDICARE or visit [Medicare.gov](#).

Version: Sept 2023

FALL 2023 VACCINES				
	What are the options?	Who is eligible?	How well do they work?	When should I get it?
INFLUENZA	 <p>A shot that targets 4 strains of seasonal flu</p>	6 months and older	Reduces the risk of going to the doctor by 53%	October is ideal, as vaccine protection wanes over a season
COVID-19	 <p>Updated vaccine formula targeting XBB – an Omicron subvariant</p> <p>Options: Moderna and Pfizer (mRNA), Novavax (protein) available soon</p>	6 months and older	Last year, the fall COVID-19 vaccine provided 40-60% additional effectiveness against severe disease	<p>Protection against severe disease: Get now</p> <p>Protection against infection: Best to get it right before a wave, which can be challenging to time</p> <p>Recently infected? Wait at least 3-4 months</p>
RSV (OLDER ADULTS)	 <p>2 options: GSK and Pfizer. They are slightly different in design, but only at a microscopic level</p>	60 years and older	82-86% efficacy against severe disease	Now; no need to juggle timing as protection is durable
RSV (PREGNANCY)	 <p>Pfizer is actively seeking approval</p>	Pregnant people (then protection will pass to baby for protection in first 6 months of life)	82% efficacy in preventing hospitalization in first 3 months of life. 69% efficacy after 6 months	It's not available yet but once approved, get at 24 to 36 weeks of pregnancy
RSV MONOCLONAL ANTIBODY	 <p>This is not a vaccine (doesn't teach the body to make antibodies) but rather a proactive medication (provides antibodies)</p>	All infants <8 months. High-risk infants 8-19 months	Reduces risk of hospitalization and healthcare visits by ~80%	<p>Will be available soon.</p> <p>Protection lasts 4-6 months</p>

By: Katelyn Jetelina, MPH PHD and Caitlin Rivers, MPH PHD. For more information go to Your Local Epidemiologist

New COVID boosters are here! See detailed information from the Centers from Disease Control and Prevention [HERE](#). As COVID cases rise, take steps to stay healthy! It is recommended that everyone over six months of age should get the new booster.

- Our neighborhood CVS, Giant and Safeway Pharmacies are making appointments and taking walk-ins for the new COVID booster as well as flu and RSV shots. Supplies vary daily, so be patient and persistent.

- DC Health will also bring vaccines to you at home. **If you need a home visit, call DC Health at 1-855-363-0333.** You will leave a phone number and they will call you in two business days to schedule. They are offering both Moderna and Pfizer COVID vaccines as well as the senior flu shot.
- Contact the ERCV office at (202) 656-7322 if you need a COVID test, a mask, or help scheduling an appointment.

COVID test availability: Every household can now request four free tests through special.usps.com/testkits. Officials say the tests are able to detect the [latest variants](#) and are intended to be used through the end of the year. The tests will come with instructions on how people can verify if the tests' expiration date has been extended. The ERCV office also has a supply of masks and test kits. Please call 202-656-7322 or email info@eastrockcreekvillage.org to get yours.

A new RSV vaccine has been approved for individuals **60 or older** and is now available through healthcare providers and, for people who have a prescription, at pharmacies. DC Health is currently working to allow the RSV vaccine to be available at pharmacies without a prescription.

Put a Smile on Your Face: Free or Low-Cost Dental Care for Older Adults

60+: The Delta Dental Community Foundation has teamed up with Mary's Center and the Howard University School of Dentistry to offer a five-year pilot partnership designed to offer free or low-cost dental care to people 60 and older. You can read more about the partnership [here](#).

[DC Health](#) provides free dental services to seniors over age 65 through Community of Hope. See details including locations [here](#).



USEFUL INFORMATION . . .

Now it's time to think about snow. 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 (for details, click [HERE](#)) which exempts 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.** The form can be found [HERE](#). Members can call the ERCV office at 202-656-7322 if they need help filling it out.

Yard Waste Collection is now year-round. Residents must call 311 to make an appointment for yard waste collection. Residents can also visit 311.dc.gov to make an appointment. Yard

waste must be in paper bags. DPW will collect up to 20 paper bags of yard waste from residences that receive DPW's trash and recycling collection services.



ERCV PORTRAITS - Meet Allyson Booth



ERCV member and board secretary Allyson Booth was born and raised in Decatur, Illinois, known as the soybean capital of the world. She came East for her education, earning her bachelor's degree from Yale University and doctorate from the University of Pennsylvania. After working in New York City and Chicago for a few years, she landed a job teaching English at the US Naval Academy, which she didn't expect to like but ended up loving. While her specialty is early 20th century British literature, her position provided flexibility and she had the opportunity to teach poetry, Western literature, and even ancient Greek literature. Allyson says she read Homer for the first time in her early 30s and just loved it!

While Allyson enjoyed her work in Annapolis, she never lived there. She commuted from Baltimore for several years, and then moved to DC in 1993 and bought a condo at The Watkins in Takoma in 1999. She never minded the commute to work and was glad to be here where her friends are. Being in DC also meant that it was easier for family to visit, which is very important to her.

Since retiring in 2022, Allyson has stayed busy. In addition to her work with the Village, she volunteers as a group leader for Caring Matters, an organization that helps youth cope with grief. She currently helps middle school students who have lost a parent or other close relative. She learned in her training that "kids are the forgotten mourners," since they often aren't encouraged to verbalize what they're feeling, and people assume that they bounce back quickly after a loss. While this work is emotional and demanding, she finds it especially rewarding since she likes to talk with kids and has discovered that they are often surprisingly insightful.

Allyson is also an avid cook and baker. She says she can be endlessly entertained by this activity, whether trying out a new recipe or making a tried-and-true favorite dish. She also confesses that she has become a bit obsessed with getting fresh fruit from the farmer's market to make all kinds of cobblers and crisps!

In addition to keeping track of ERCV board meeting minutes, Allyson loves the opportunity to perform hands-on services for our members, such as giving rides or changing light bulbs and the like. She is a self-described “non-visionary” and appreciates that our Village is so well organized, enabling her to stay engaged and enthusiastic.

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



ERCV OCTOBER EVENTS CALENDAR—



~ autumn seeds from our neighborhoods ~

There is a complete listing of all events on the [ERCV website](https://www.eastrockcreekvillage.org).

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.

Sunday, October 1: 3:30–6:30 pm

ERCV COMMUNITY PICNIC

- Come enjoy an early autumn picnic in Rock Creek Park 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 at Carter Barron across from the Rock Creek Park Tennis Center off 16th St. NW and Morrow Drive.
- The area is open and flat and has a covered picnic pavilion and restroom facilities. There is easy and ample parking.
- Register [HERE](#). Please let us know if you need a ride so we can arrange for volunteer drivers. Want to help with the event? Email info@eastrockcreekvillage.org or call 202-656-7322.

Mondays, October 2, 9, 16, 23, & 30: 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, October 2, 9, 16, 23, & 30: 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, October 3 & 5; 10 & 12; 17 & 19; 24 & 26; & 31, 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, October 4, 11, 18, & 25: 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, October 4, 11, 18, & 25: 4:00-5:00 pm

StrongerMemory BRAIN EXERCISE WEEKLY CHECK-IN — NEW MEMBERS WELCOME!



- 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, October 6, 13, 20, & 27: 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, October 6, 13, & 20: 3:00-4:00 pm (Note: no class on October 27)

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, October 12: 3:00-4:30 pm

OPEN HOUSE ONLINE

- Welcome new members and catch up with longtime friends and neighbors. What are you looking forward to this fall? What is your favorite season?
- 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, October 19: 4:00-5:30 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.

Friday, October 20: 9:30 am-10:30 am

HOW TO CREATE, DEVELOP & LEAD A VILLAGE GROUP ON AGING, DEATH & DYING

- ERCV is considering launching an Aging Well discussion group. The goal is to make the most of life as we grow older and to live life to the fullest. The Bethesda Metro Area Village has created a successful model for learning how to age gracefully and die well.
- In the hour before the Program Committee meeting, we will watch a training video together on the topic of "Developing Village Programs on Aging, Dying and Death." Or you may watch on your own [HERE](#).

- Register [HERE](#).

Friday, October 20: 10:30 am-12:00 pm

JOIN THE ERCV PROGRAM COMMITTEE MEETING ONLINE

- Share your ideas about programs to offer through the fall, winter and spring. Help plan the Holiday party. Do you want to see more music & arts events, some financial and end-of-life planning sessions? 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.

Thursday, October 26: 3:00-4:00 pm

SPOOKY HALLOWEEN BINGO GAME



- Let's welcome the spooky season with our Halloween-themed Bingo game online! Costumes are encouraged but not required. Come enjoy time with your BINGO BUDDIES.
- **Click on the link to get your [BINGO cards](#) and register [HERE](#) to get the Zoom link for game day!** Call 202-656-7322 if you have any questions or need help printing your cards.

Monday, October 30: 11:30 am-4:00 pm

FIELD TRIP: DIALOGUES IN MODERN & CONTEMPORARY ART, NATIONAL GALLERY EAST WING

- You are invited to join other members, volunteers, and friends of East Rock Creek Village to visit the National Gallery of Art East Wing.
- Discover connections and "dialogues" between modern and contemporary works of art in the National Gallery's East Building. Together we will explore artistic process and uncover layers of meaning in painting and sculpture through close looking and conversation.
- The group will meet at 11:30 am at the entrance to the Takoma Metro. We will be masking except for lunch. Our experienced members will help us navigate the metro.
- Each person can purchase lunch at any of the three cafes at the museum. One of them is outdoors. We will join the 2:00–3:00 pm docent tour.
- 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.



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.



The DC Villages Collaborative, a joint project of all 13 Villages in Washington DC, seeks an **inaugural Executive Director** who will lead and manage collaborative efforts among the Villages in DC. The executive director must possess strong leadership and consensus building experience, along with the desire to build and nurture the Village movement in DC. The ability to think strategically and work well with people at all levels, from the community to the government is required. You can see the full position description and application instructions at dragonflycentral.org/executive-search. Please share this announcement broadly with your friends and network!



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

~ **Felix Frankfurter & Brown vs Board of Education: Thursday, October 5, 11:00 am-Noon, via Zoom** – Brown vs. Board of Education of Topeka was a 1954 landmark decision by the U.S. Supreme Court, ruling that state laws establishing racial segregation in public schools are unconstitutional. The Court's decision in Brown paved the way for integration and was a major victory of the civil rights movement and a model for many future impact litigation cases. Brad Snyder's book, *Democratic Justice: Felix Frankfurter, the Supreme Court, and the Making of the Liberal Establishment*, is the first comprehensive biography of this Harvard Law School professor, New Deal power broker, and Supreme Court justice. Brad will share with us the story

of Frankfurter's life and how his deep commitment to democracy and his belief in objective truth informed his democratic convictions and led to the Court's decision. **Register** [HERE](#). Offered by **Northwest Neighbors Village**.

~ *Two for the Road: A Foreign Correspondent's Family Odyssey*: Tuesday, October 10, 11:00 am – Noon via Zoom – Pulitzer Prize-winning journalist Lew Simons and his wife, fellow journalist Carol Simons, discuss their lives as an American family over 5 decades and 15 moves with 3 children in some of the world's more inhospitable places. **Register** and find more information [HERE](#). Offered by **Northwest Neighbors Village**.

~ *Protecting Yourself from Medicare Marketing Violations*: Thursday, October 19, 3:00-3:30 pm via Zoom – Unlike Original Medicare, Medicare Advantage Plans and Part D plans are sold by private companies. These companies must follow federally-set marketing rules when trying to sell their plans to you. Join us for the Medicare Rights Center's Medicare Minute to learn about marketing rules, what violations look like, and how you can protect yourself from them. **Register** [HERE](#). If needed, you can create a log-in [HERE](#).

~ *Corridor Conversations – Movies Then & Now: Theatres Along the Corridor*: Saturday, October 28, 2:00-3:00 pm via Zoom – Join us to discuss moviemaking at Route 1's classic theatres, including the historic Old Greenbelt Theatre, with Executive Director Caitlin McGrath. 2023 marks the 85th anniversary of Greenbelt, and the original theater was recently renovated and updated. Learn about the movie industry from the early days of silent films to modern cinema with animation and special effects. Hear what is in store for the future with the advent of streaming movies on demand, the writers' strike, and artificial intelligence, as well as the impact of this summer's "Barbenheimer" phenomenon. **Register** [HERE](#). Offered by **Hyattsville Aging in Place, Helping Hands University Park, Neighbors Helping Neighbors of College Park & Explorations on Aging**.

~ *Navigating Medicare*: Monday, October 30, 3:30-5:00 pm, Dupont Circle Village Office, 2111 Decatur Place, NW – Emily O'Halloran is the Executive Director of Medicare Portal, the leader in Medicare education and enrollment services in the Mid-Atlantic region. Licensed in 10 states, Emily has helped hundreds of individual Medicare beneficiaries navigate the often-bewildering Medicare enrollment process and has guided these clients in plan selection, benefit utilization, management of Medicare impacts from life changes, understanding and appealing Medicare income-related charges and anything else that helps her clients' Medicare experience. **Register** [HERE](#). Offered by **Dupont Circle Village**.

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

. . . **AND OTHER COMMUNITY EVENTS** . . .

~ **Community Day Celebrates “Making Her Mark” Exhibit: Sunday, October 1, 11:00 am-5:00 pm, Baltimore Museum of Art** – Read about the exhibit here: [Making Her Mark: A History of Women Artists in Europe, 1400-1800](#). Enjoy **free admission** on Community Day beginning at 11:00 am and an afternoon of family-friendly activities and exhibition tours from 1:00-5:00 pm. View the full schedule of Community Day events [HERE](#).

~ **Banned Books Reading: Thursday, October 5, 6:00 pm, Shepherd Park/Juanita E. Thornton Library, 7420 George Ave. NW** – In observance of Banned Books Week, Oct. 1-7, the Friends of the Juanita E. Thornton/Shepherd Park Library are sponsoring a reading from banned books at the library. Meet outside the main entrance if the weather is good, inside the library if it's not. Given the rate of book-bannings in recent years, you probably have at least one banned book in your home! Bring it with you to the library for this event and read a couple of pages aloud from it. This is definitely a the-more-the-merrier kind of event. To participate, email Mark Pattison at Pattison_mark@outlook.com.

~ **Ward 4 Senior Jubilee: Friday, October 6, 12:30-3:30 pm, Lamond Recreation Center** – Councilmember Janeese Lewis George will host her second annual [Ward 4 Senior Jubilee](#) at Lamond Recreation Center! This will be an opportunity to come together, celebrate our community, and enjoy music, dancing, food, games, prizes, and important resources from DC agencies. [RSVP online](#) or by calling her Council office at **202-724-8052** to save your spot!

~ **Bereavement Support Group, On-going** – Widowed Persons Outreach (WPO) offers both a twice-monthly ongoing support group and twice a year, a six-week structured bereavement group for persons who have been widowed for two years or less. Call 202-537-4942 for more information or go to [Calendar | Widowed Persons Outreach \(wpodc.org\)](#)

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

