

## NOVEMBER 2023

East Rock Creek Village — 202-656-7322

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## PRESIDENT'S CORNER

### Embracing Discomfort, Finding Inspiration, Giving Thanks



More than one thing can be true at the same time. It can be mid-autumn and be nearly 80 degrees Fahrenheit outside. The sky can be bright blue, colorful leaves can decorate our neighborhoods, and the world can be in crisis. The last few weeks have been especially fraught, from the horrific massacres by Hamas in Israel and the heartbreaking violence that has ensued, to the uncertainty of the People's House functioning and our federal government staying open. We can appreciate the good and be stricken by the bad. How do we keep our hearts open to the discomfort of awareness without being immobilized by it?

That's something ERCV can help with. We can stay connected, active, and caring. Come take a walk with us to see the leaves turning, volunteer and help a neighbor, meet with our [Lunch Bunch](#), or welcome new members and volunteers at our online [Open House](#). Any of these are chances to talk about the challenges of the day and share gratitude for the good that surrounds us. In these days leading up to Thanksgiving, let us help each other keep moving forward together.

Perhaps we can take inspiration from those who have come before us. On Monday, November 13<sup>th</sup>, we will take a field trip to the Smithsonian American Art Museum (SAAM) to see the paintings of [Alma Thomas](#). Ms. Thomas began her professional career as an artist when she was almost 70, after retiring after 35 years as an art teacher at DC's Shaw Junior High School. As a bonus treat, our museum docent will be Melissa Clark, who led our Armchair Travel SAAM virtual tours throughout the pandemic. Don't miss this special field trip. [Register now](#).

Remember, we are not alone in this journey. We ERCVers are an integral part of the Village Movement, a force reshaping the aging paradigm and enhancing our quality of life. Recently, I had the privilege of attending two [National Village Gatherings](#) -- one virtual, one in person in

Silver Spring -- alongside a remarkable group of ERCV volunteer leaders. There we engaged with Village leaders from all over the United States and learned ways in which Villages are improving people's lives. It was inspiring.

In the face of adversity, let us give thanks for our sustenance, for our loved ones, for the strength we find in one another, and for the caring communities we build. Together, we can overcome any obstacle. Together, we can do our part to create a kinder, more compassionate world.

*--David Mackoff*



## **Happy Birthday to ERCV members born in NOVEMBER!**

Jennifer Brown  
Matt Chambers  
Evon Ervin  
Charlotte Gardner  
Gay Gellhorn  
Pati Griffith  
Magruder Murray

**Please let us know if you prefer not to be included  
in our monthly birthday list or if we missed your birthday  
and you would like to be added.**

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



## SPOTLIGHT: ERCV Action Opportunities

**Become an ERCV Volunteer Driver!** Are you newly retired or have a little extra time to make a big difference? East Rock Creek Village is looking for YOU! Nearly half of all the requests we get from our members are for transportation – it's mostly weekday rides to doctor's appointments or to attend ERCV events, but we also need occasional weekend drivers. As a volunteer driver, you help our older neighbors stay active, healthy, and connected, AND you will no doubt make new friends in the process. Come to our [November 9<sup>th</sup> online Open House](#) to learn more about how to become an ERCV volunteer or fill out this [online Volunteer Interest form](#) and we will follow up with you.

**Early Readers Program Launching – Interested?** We have room for a few more people to join our ERCV team of volunteers who read to kindergarten through 2<sup>nd</sup>-grade children at Shepherd Elementary School. You pick one day a week to read to children who need an extra boost in reading and to listen as the children learn to read. Participants 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. If you are interested in participating, please contact Susan Learmonth at [susan.learmonth@gmail.com](mailto:susan.learmonth@gmail.com) or 202-271-1309, or Judith McCullough at [McCullough.Judith@gmail.com](mailto:McCullough.Judith@gmail.com).



## 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.

Medicare health and drug plans can make changes each year to features like cost, coverage, and which providers and pharmacies are in their networks. For Medicare plan information or to compare plans, call 1-800-MEDICARE or visit [Medicare.gov](https://www.medicare.gov).

**For those under age 65, it's time to check out DC Health Link's Open Enrollment** which begins November 1, 2023, and ends on January 31, 2024. [DC Health Link](#) is an online marketplace created for individuals, families, and small business owners in the District

of Columbia to shop, compare, and select health insurance that meets their health needs and budgets. Call 855-532-5465 for assistance.

**Medicaid Renewal: Don't wait to update!** All DC residents with health coverage through Medicaid must renew their coverage. Please visit the [District Direct website](#) to update your address, phone number, and/or email so that the Department of Healthcare Finance (DHCF) knows where to send your Medicaid renewal letter. If you require assistance, please call the Public Benefits Center at 202-727-5355. If you are uninsured or lost [Medicaid](#), enroll now through a [special enrollment period](#), or call 855-532-5465.

~ If you are an ERCV member who needs help navigating a healthcare enrollment process, please contact us at 202-656-7322 or email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org). ~

**Protect yourself and your family before Thanksgiving!** It takes up to two weeks after getting a vaccine to have full protection so now is the time to get your COVID, flu, and RSV vaccines.

- Our neighborhood CVS, Giant, and Safeway Pharmacies are taking walk-ins for the new COVID booster as well as flu and RSV shots. Supplies vary daily, so consider calling before going in. 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.

**The FDA has approved a new COVID vaccine:** As of October 3, the U.S. Food and Drug Administration approved the use of the Novavax COVID-19 Vaccine, Adjuvanted (2023-24 Formula) for people 12 years of age or older. (Previously it had been given an emergency use authorization (EUA) but this has now been replaced by full authorization.) This vaccine is formulated differently from the mRNA vaccines previously available. To learn more, visit the Novavax website [here](#) or the FDA website [here](#).

**COVID test availability:** Every household can now request four free tests through [special.usps.com/testkits](https://special.usps.com/testkits) or by calling [800-232-0233](tel:800-232-0233). The ERCV office also has a supply of masks and test kits. Please call 202-656-7322 or email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) to get yours.

**Does fear of falling limit your daily activities?** If so, sign up for A Matter of Balance with [Safe at Home](#). Beginning November 8, DC residents over the age of 60 can participate in a 4-week virtual class that will help build your confidence and strength. A Matter of Balance is a nationally recognized evidence-based program designed to reduce concerns about falling and encourage physical activity. This is a discussion-based program designed to help problem-solve and brainstorm ways to reduce the risk of falling and to empower you to find solutions that fit your lifestyle. A balance-and-strength exercise program is part of the workshop and begins

during the 3<sup>rd</sup> session. *Please note: This is not a traditional exercise class. Your primary reason to sign up should be a fear of falling. If fear of falling is not something that impacts you, please do not sign up for this class.* To enroll, please contact **Jose Cepillo at 202-559-9856**. Also consider joining [ERCV's Otago Fall Prevention Exercise class](#). See the ERCV calendar for more information.

**Strength Over Stroke:** The YMCA's Fit & Well Seniors program will be re-launching their once-a-week virtual fitness class on Wednesday, November 1. The goal is to rehabilitate individuals who have received little or no rehabilitation to manage the injuries and/or impairments that followed their medical emergency. By [registering](#) with the YMCA Fit & Well Seniors Program, you will be sent a “personal interactive passport” offering access to our virtual fitness classes and wellness clinics, and you will have the opportunity to stay updated on the most current information on class schedules, upcoming events, and more—and it’s all **free**! If you’re a senior who would like to get involved, call us at 202-232-6700 and let us help you rediscover the vibrancy of life.



## OTHER HELPFUL INFORMATION . . .

**Leave your Leaves or Not:** The Department of Public Works (DPW) will conduct leaf collection from October 30, 2023 through January 20, 2024 for residents who receive DPW trash and recycling services. Residents can check the latest schedule every Friday using an online leaf tracker at [dpw.dc.gov](https://dpw.dc.gov) or by calling the DPW Leaf Line at 202-671-LEAF (5323). DPW asks residents to rake leaves into the tree box, or the curb in front of the home if there is no tree box, on the Sunday before collection begins in their section. Some may prefer to leave their leaves, as they serve as winter habitat for many creatures. Here's an [article](#) from the National Wildlife Federation on the importance of keeping leaves in your yard, to the extent possible, and ways you can do so without harming your lawn or other plants.

**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](https://311.dc.gov) to make an appointment. DPW collects yard waste only 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.

**DC Department of Motor Vehicles (DMV) holiday schedule:** In recognition of the Veterans Day holiday, **all** DMV locations will be closed on Friday, November 10. DMV Service Centers and Inspection Station will resume regular business hours on Saturday, November 11. Many of DMV's services will remain available [online](#) or via the agency's [free mobile app](#).

**Soon there will be no pandas in the U.S.** for the first time since 1972, after zoos' agreements with China expire. It was recently announced that Tian Tian, Mei Xiang, and Xiao Qi Ji will be returning to China in mid-November. If you can't stop by the zoo to say farewell, you can still enjoy watching them for a little longer on the National Zoo's [Panda-Cam online](#). For delightful videos and information about **Panda Palooza: A Giant Farewell**, click [here](#).



## ERCV PORTRAITS - Meet Walter Kamiat



ERCV member Walter Kamiat grew up in a different Washington—the northern part of Manhattan known as Washington Heights. After earning his bachelor's degree at Indiana University, he returned to New York City and started a career working for labor unions and then went on to study law at Stanford University. He came to DC in 1983, after landing a clerkship for US Court of Appeals Judge J. Skelly Wright, and then a second clerkship for Supreme Court Justice Thurgood Marshall. Afterwards he became an attorney specializing in appellate and Supreme Court litigation for labor unions, including the AFL-CIO and SEIU. He also was a professor at Georgetown Law School.

In 2002 Walter met Dee Mahan, and two years later they married, coming to live in Shepherd Park in 2005. They were not very familiar with the neighborhood, outside of a handful of friends who lived here, but quickly fell in love with the area. Walter had previously lived in Adams Morgan, Capitol Hill, and Van Ness; he says that Shepherd Park has by far the best sense of community he has experienced in DC, and he loves that.



Walter retired from full-time legal work in 2014, and since then became involved with [Osher Lifelong Learning Institutes \(OLLI\)](#), affiliated with American University, which offers non-credit courses to adults over age 50. Walter is both a student and an instructor. He is currently teaching a class on “The American Civil War and the Destruction of Slavery,” and last year taught a class on “The Coming of the Civil War.” Being involved in OLLI allows Walter to join his lifelong interest in history with his love of teaching.

If you pass the Kamiat house at the corner of Floral & Alaska, you will notice an abundance of plants and trees! Walter is a master gardener and master naturalist, and he and Dee spend a lot of time maintaining their extensive organic garden, without the use of any pesticides or herbicides. They grow a wide variety of vegetables, herbs, and native plants, providing food for themselves and habitat for wildlife. Walter loves to cook, and having a ready supply of healthful ingredients in the backyard is a big help!

Walter and Dee love to travel too. They recently returned from a hiking vacation in Northern Ireland, and for their next trip they are trying to decide between hiking another part of Ireland, a favorite destination, or a hiking trip to Scotland. Over the past few years COVID has prevented Walter and Dee from participating in ERCV events and volunteer opportunities, but they hope to become more active in the future.

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



## **ERCV NOVEMBER EVENTS CALENDAR—**



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

*Please register online for ERCV events that are held in-person or on Zoom. Click on the event title to see the registration page and to get more information. Click on the **red registration button** to provide your information. You will immediately receive a confirmation email with instructions, including the Zoom link for online programs and reminder emails prior to the event. Online event reminders will include a **Join Online Meeting Now** button for easy access. If you have questions, please call the office at **202-656-7322** or email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org).*



**Save the Date:  
ERCV'S HOLIDAY PARTY!**

**Sunday, December 17**

**3:00-5:00 pm**

**Washington Ethical Society**

**7750 16<sup>th</sup> Street, NW**

**([Register now](#) with more details to come)**

Wednesdays, November 1, 8, 15, 22, & 29: 9:00-10:00 am

**MORNING WALK ON TRACK BEHIND SHEPHERD SCHOOL**

- An ERCV walking group gathers on the track behind Shepherd School. Any pace or length of walk is OK. You can expect lots of conversation!
- Enter the track from Kalmia Rd. or Jonquil St. between 14<sup>th</sup> and 16<sup>th</sup> St. There is plenty of street parking on both sides.
- Reservations are not needed, but if you email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or call/text 202-656-7322 we will look out for you and also add you to the reminder email or text message which is sent out Tuesday evenings. All are welcome!

Wednesdays, November 1, 8, 15, 22, & 29: 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](mailto:info@eastrockcreekvillage.org) or phoning 202-656-7322. If you are new to the program, you will receive a free StrongerMemory Workbook. If you have come before, you will receive additional math problems and writing prompts.

Tuesdays & Thursdays, November 2, 7 & 9, 14 & 16, 21 (no class on Nov. 23), 28 & 30, Shepherd Park Library: 12:15-1:15 pm

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

- Otago is recommended if your mobility is currently limited (you use a cane or walker) or if you walk regularly. We use a chair, the wall, or a table for support for the exercises. We have a set of ankle weights to loan out and will assist you in getting your own.
- Classes meet in an upstairs meeting room at the Juanita E. Thornton/Shepherd Park Library at 7420 Georgia Ave. There is an elevator. The room is large with an air filtering machine. Instructors and participants wear masks during class.
- There is a small parking lot in front of the library and some street parking on Georgia Ave. (some metered) and in the neighborhood along Geranium and 12th Streets. We can arrange rides for ERCV members.
- For more information contact [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or phone Susan Davis at 202-656-7322 to arrange an orientation before class.

Fridays, November 3, 10, 17, & 24: 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](mailto:info@eastrockcreekvillage.org) or call 202-656-7322 for more information on Otago.

Fridays, November 3, 10, 17, & 24: 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](mailto:info@eastrockcreekvillage.org) with questions or to receive reminder emails each week.



### **Time Change — Sunday, November 5**

On Sunday, November 5, at 2:00 am local time, our clocks will go back an hour and we will gain an extra hour of sleep!

Mondays, November 6, 13, 20, & 27: 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](mailto:info@eastrockcreekvillage.org) if you would like to receive an email reminder on Sunday evening.

Mondays, November 6, 13, 20, & 27: 4:00 pm (Note earlier time.)

#### **ERCV AFTERNOON WALKERS**

- The Monday afternoon walkers will meet at 1309 Floral St. NW. The group will decide the route – neighborhood sidewalks, around 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 4:00 pm Monday, the group will wait for you to arrive before setting out.
- Email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) if you would like to receive a reminder message on Sunday evening.

Thursday, November 9: 3:00-4:30 pm

#### **OPEN HOUSE ONLINE**

- Join us to learn how you can participate with our supportive community of older adults as a member or volunteer. Welcome new members and catch up with longtime friends and neighbors.
- 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.



Friday, November 10: 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 Part 2 of a training video on the topic of "Developing Village Programs on Aging, Dying, and Death," or you may watch on your own [HERE](#).
- Register [HERE](#).

Friday, November 10: 10:30 am-11:30 am

### 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](mailto:info@eastrockcreekvillage.org) with your ideas or to set up a time to talk with Shelley.

Monday, November 13: 11:30 am-4:00 pm

### FIELD TRIP: SEE ALMA THOMAS EXHIBIT, MEET OUR DOCENT MELISSA CLARK, & SEE THE NEW THIRD-FLOOR GALLERIES, SMITHSONIAN AMERICAN ART MUSEUM (SAAM)



- You are invited to join other members, volunteers, and friends of East Rock Creek Village to visit the Smithsonian American Art Museum (SAAM).
- Seeing art in person is an experience that can't be replicated online, try as we might. Join SAAM docent Melissa Clark in SAAM's main building downtown on Monday, November 13<sup>th</sup> at 1:30 pm for an in-person tour of the exhibit *Composing Color: Paintings by Alma Thomas* and a look at the museum's newly reopened Modern and Contemporary Art spaces, featuring old favorites but also many new works. In addition to works by Thomas we'll have opportunities to see art by Sam Gilliam, Kerry James Marshall, Alison Saar, Tiffany Chung, and Mickalene Thomas. The exhibition *Composing Color: Paintings by Alma Thomas* provides an intimate view of Alma Thomas's evolving artistic practices during her most prolific period, from 1959 to her death in 1978. Hope you can join us!
- The group will meet at 11:30 am at the entrance to the Takoma Metro and return at approximately 3:00 pm. Each person can purchase lunch at the museum cafe.
- Our tour will be led by Melissa Clark, who provided on-line docent-led tours for ERCV's Armchair Travel throughout the pandemic. We will meet her in person at 1:30 pm at the G Street Visitor's Desk.
- 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](mailto:info@eastrockcreekvillage.org) if you are interested.
- Photo of *The Eclipse* by Alma Thomas was provided by SAAM.

Wednesday, November 15: 12:00 noon-1:30 pm

### **LUNCH BUNCH AT WHOLE FOODS MARKET**

- Let's check out and enjoy the new Whole Foods Market at The Parks at Walter Reed, located on the corner of 12<sup>th</sup> Street & Dahlia Street NW off Georgia Ave. If the weather is nice, we will sit at tables outside; or we can sit inside if the group prefers.
- Each person will choose and pay for their own meal. There is a world of options — try the salad & hot bar with customizable seasonal entrées, salads, and sides, ready-to-eat sandwiches, soups, sushi, pizza, or the Chef's Special Entrée + 2 sides which is 20% off for Amazon Prime members on Wednesdays. Click [HERE](#) for more information.
- The address is 7130 12th Street NW. Access the parking garage on Dahlia Street from Georgia Ave. Enjoy 90 minutes of free parking with any purchase.
- **Register** [HERE](#) or by email to [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or call **202-656-7322** so we can save you a seat. And let us know if you need a ride.



**Thanksgiving — Thursday, November 23**

**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](https://DMVVillageEvents.org)

**~ Monday Miracle Matinee – BARBIE: The Movie: Monday, November 6, 1:00 pm, Miracle Theatre on Barracks Road (535 8<sup>th</sup> Street, SE)** – Join the DC Villages for a fun outing to see the critically-acclaimed movie based on a legendary toy but packing an intellectual punch with its simple, humorous, and thought-provoking themes. Along with Oppenheimer, this movie will be dominating the Oscar nominations next spring. Come see what the fuss is all about. To **register**, click [Barbie](#). While we are requesting registration for headcount purposes, the discounted admission fee (\$6.00) for the movie will be charged at the box office. The theatre is located a few blocks from the Eastern Market Metro Station. There is limited street parking near the theatre (mostly either with meters or with 2-hour designations). Offered by **DC Villages Collaborative**.

**~ The Biden Administration & the Israel-Hamas War: Challenges & Consequences: Speaker Aaron David Miller: Thursday, November 9, 11:00 am-Noon via Zoom** – The current Israeli-Hamas War in the Middle East presents huge challenges for the Biden Administration and the United States. Along with the ongoing war in Ukraine, a dysfunctional and fiercely polarized political system at home, and geopolitical threats to U.S. influence and its interests abroad, the consequences are enormous. Aaron David Miller is a Senior Fellow at the Carnegie Endowment for International Peace and a former State Department Middle East analyst and negotiator in Republican and Democratic Administrations. For details and to **register**, click [HERE](#). Offered by **Northwest Neighbors Village**.

**~ Parkinson's Support Group: Tuesday, November 14, 3:00 pm via Zoom** – This group meets monthly on the 2nd Tuesday and 4th Thursday. The Parkinson's Support Group is for individuals with Parkinson's to share knowledge, challenges, tactics, and provide support to one another. Open to all. **Register** [HERE](#). A Zoom link will be sent to registrants. Offered by **Capitol Hill Village**.

**~ Coping with Uncertainty – Learn about the DC Assistive Technology Program: Wednesday, November 15, 1:00 pm via Zoom** – Village Social Worker Barbara Scott leads a discussion on coping with uncertainty. Speakers from the DC Assistive Technology Program will educate Village members about their free services and highlight technology that can improve their function and self-sufficiency at home and in the community. Bring your questions. Register [HERE](#) or by emailing case manager Barbara Scott, [casemanager@dupontcirclevillage.net](mailto:casemanager@dupontcirclevillage.net), before



Wednesday, November 8, or join by phone. Dial 301-715-8592, then input the Meeting ID: 899 8517 0362 and Passcode: Connected. Offered by **Northwest Neighbors Village**.

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

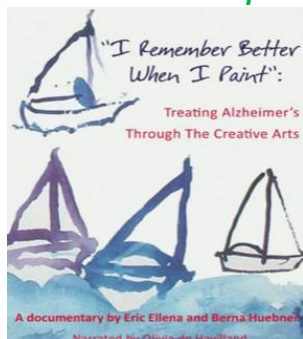
## . . . AND OTHER COMMUNITY EVENTS . . .

~ **Day of the Dead Performances at the National Portrait Gallery: Thursday, November 2, 5:00-8:30 pm, 9<sup>th</sup> & G Streets, NW** – The art museum is celebrating one of its biggest events of the year with live Mariachi music, Mexican folk-dance performances, and workshops for all ages. Stop by to get your face painted like a skull or cut your own *papel picado* to decorate the community altar. **FREE**. For more information, click [HERE](#).

~ **End of Life Expo: Planning a Good Death: Saturday, November 4, 10:00 am-4:00 pm at Iona Senior Services, 4125 Albemarle St. NW** – Topics will include advance directives, hospice care, green and alternative burials, obituary writing, organ donation, and more. There is a registration fee of \$40, which includes a boxed lunch. Scholarships are available; for eligibility, email Dixcy Bosley at [expo@iona.org](mailto:expo@iona.org). For details and to **register**, click [HERE](#). Offered by **Iona Senior Services**.

~ **Día de los Muertos Festival on the National Mall: Saturday, November 4, 4:00 pm, 15<sup>th</sup> Street & Constitution Ave, NW** – The celebration is back for its 7th annual festival on the National Mall. This year's festivities will raise funds to help reunite immigrant children who have been separated at the border from their families, along with supporting unaccompanied minors and at-risk children outside of the United States. There will be mariachis, artists, a mechanical bull, and much more. **FREE**. For more information, click [HERE](#).

~ **"I Remember Better When I Paint" – film, part of the Reframing Care: Mindfulness + Art series at The Phillips Collection: Sunday, November 5, 3:00-5:00 pm** – This 54-minute 2009 film



is inspired by co-director Berna Huebner's mother, a painter in her nineties who lived with dementia and experienced a transformation when she started painting again. The film shows older adults living with Alzheimer's making, viewing, and connecting to art in the studio as well as in museums—the Louvre, the Art Institute of Chicago, and The Phillips Collection. We learn from Alzheimer's experts, art therapists, museum educators, care partners, and those living with dementia to value expressive therapies and reframe our attitudes toward dementia. After the screening, Berna Huebner and Mary

Fridley will discuss the film and hold a Q&A. This event is part of the [Art & Wellness](#) series at The Phillips Collection.

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



ERCV Newsletter Editor: Nancy Foster [nfoster14thst@gmail.com](mailto: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.

