

EAST ROCK CREEK VILLAGE

NOVEMBER 2023

East Rock Creek Village — 202-656-7322

7707 13th St. NW, Washington, DC 20012

info@astrockcreekvillage.org — www.astrockcreekvillage.org



NOVEMBER CALENDAR UPDATE

+ Recent Event Photos

There is a complete listing of all events on the [ERCV website](http://www.astrockcreekvillage.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@astrockcreekvillage.org.*

Wednesdays, November 15 & 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 14th and 16th St. There is plenty of street parking on both sides.
- The group is taking a short break, but If anyone wants to come walk, please contact Susan at info@eastrockcreekvillage.org email or phone 202-656-7322

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 12th 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 or call **202-656-7322** so we can save you a seat. And let us know if you need a ride.

Wednesdays, November 15 & 29: 4:00-5:00 pm (NOTE: no class on Nov 22)

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.

Tuesdays & Thursdays, November 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 or phone Susan Davis at 202-656-7322 to arrange an orientation before class.

Fridays, November 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
- 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, November 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 with questions or to receive reminder emails each week.

Mondays, November 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 if you would like to receive an email reminder on Sunday evening.

Mondays, November 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 if you would like to receive a reminder message on Sunday evening.



Thanksgiving — Thursday, November 23

Sunday, December 17: 3:00-5:00 pm **ERCV's HOLIDAY PARTY!**

- Get festive and come celebrate the holiday season with your ERCV neighbors and friends!
- We will gather at the Washington Ethical Society (WES), 7750 16th St. NW, for food and lots of fun!
- There is easy street parking available and an accessible entrance.
- RSVP [HERE](#) to attend the party and email info@eastrockcreekvillage.org or call 202-656-7322 if you will need a ride.
- Want to Volunteer to help with the party? Register [HERE](#) to let us know what you want to do -- set up, clean up or anything else we may need.



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

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

~ Free COVID-19 Vaccine Clinic, Tuesday, November 28, Noon – 3:00pm, Guy Mason Rec Center, 3600 Calvert Street NW – Pharmacists will be administering COVID-19 and flu shots. The clinic is open to anyone 18 years of age or older. Use [this link](#) to reserve a spot. Offered by **Glover Park Village**. Contact the ERCV office if you need a ride.

~ Masterpieces & Adaptations, Southwest Chamber Players Concert, Sunday, November 26, 5:00pm, Saint Augustine's Episcopal Church, 555 Water Street, SW – Featured will be Sophie Shao, cello; Luke Wedge, violin; and Danielle Hahn and David Ehrlich, piano. On the program will be Schubert's Arpeggione and Franck's violin sonatas and movements of Beethoven's Archduke Trio and Brahms' G Major violin sonata. This is the Chamber Players' 194th free program here of St. Augustine's since 1997. Register [HERE](#). Offered by **Waterfront Village**.

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



. . . AND OTHER 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 take a look at the “In-Person Events” under “Upcoming Events” or email community@iona.org or call [202-459-9634](tel:202-459-9634). Sign up for the newsletter while you are there!

~ *Sages & Seekers Information Session, Wednesday, November 29, 1:00pm via*

Zoom – Learn about this free 8-week intergenerational program beginning in January that is looking for older adults to participate. The goal is to build meaningful relationships between Sages (adults 60+) and Seekers (students 15-24) to diminish ageism, combat social isolation, and build empathy. It is an opportunity to share your life experience with an interested listener and feel a reinstated sense of relevance. By sharing your story, students develop a greater appreciation of older adults and their legacies. Both generations discover commonalities and shatter stereotypes they have of one another. Watch this video to see the impact our program has made on our participants: [Sages & Seekers Testimonial Video](#). If you are interested in joining the info session or enrolling in our program, please visit our website: www.sagesandseekers.org/enroll Questions? Contact Rachel at rachel@sagesandseekers.org

~ *Technology, Apps & Strategies to Enhance Communications, Saturday, December 2, 2:00pm, Tenleytown Library, 4450 Wisconsin Ave, NW* – Do you sometimes have difficulty participating in conversations with friends & colleagues? Are noisy restaurants, group discussions, social gatherings, telephone calls, lectures & performances difficult to follow? Hearing aids & cochlear implants are wonderful. But they have limitations and so you may want to consider additional devices, apps and communications strategies. Joe Duarte will lead & facilitate a discussion of these challenges. Joe is co-CEO of Innocaption, a long-time Hearing Loss Association of America (HLAA) & expert in auditory accessibility & connectivity with hearing aids & cochlear implants, so bring your questions about these & related challenges & FI applicable, your own experience in addressing them. Our meeting room is looped & real-time captioning will be provided so that everyone can “hear” & participate comfortably. There is no charge. All are welcome. Please register to attend this program [HERE](#).



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 began on 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.

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.

COVID test availability: Every household can now request four free tests through special.usps.com/testkits or by calling 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 to get yours.

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](https://www.districtdirect.org) 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.



ERCV 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. Fill out this [online Volunteer Interest form](#) and we will follow up with you.

Early Readers Program Launching – We have room for a few more people to join our ERCV team of volunteers who read to kindergarten through 2nd-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 or 202-271-1309, or Judith McCullough at McCullough.Judith@gmail.com.

Interested in a Field Trip to the Baltimore Museum of Art? There is a special exhibit called "[Making Her Mark: A History of Women Artists in Europe 1400-1800](#)" that is open through January 7, 2024. It's an opportunity to see more than 200 works of art that reflect the multifaceted and often overlooked ways women contributed to the visual arts of Europe. Timed-entry tickets are free to the public on Sunday, December 3. An ERCV trip is not yet confirmed. Please contact the ERCV office at 202-656-7322 or email info@eastrockcreekvillage.org if you are interested, want to be a driver or attendee.



ERCV's Been Busy!

Photos from Recent Museum Field Trips



and Happy Hour



and at the National Village to Village Network Conference



and at the Beacon 50+ Expo



**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.



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

"Like" us on [Facebook](#)

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



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