

JANUARY 2024

East Rock Creek Village — 202-656-7322

7707 13th St. NW, Washington, DC 20012

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PRESIDENT'S CORNER

Bracing For and Embracing the New Year



Happy 2024 to all my friends and neighbors. This year looks to be particularly challenging for many people around the world and for us as citizens of the United States. Conflict and political unrest sweep the globe just as the brisk winds of January sweep our beautiful neighborhoods. There will be much to sort through, much to confront and, I pray, much to celebrate throughout the year. I hope all of you are ready to embrace this new year with warmth, purpose, and a sense of community. I have no doubt that East Rock Creek Village will do so, as it has since it opened its doors eight years ago this month.

Looking back at 2023, we have many things to be proud of. Last year volunteers provided over 600 services for our members. This included hundreds of rides and grocery shopping deliveries, as well as lots of visits, calls, small household tasks, and help with technology. Our compassionate and capable case manager, Barbara Scott, helped ERCV members during times of uncertainty, such as before and after hospital stays, applying for inclusion in government programs, and planning for the future.

We have also helped our members stay active, connected, and engaged. In 2023 we hosted over 500 wellness, educational, and social events. Every season had a special highlight: last spring we kicked off our field trip program at the National Aquarium in Baltimore; in summer we hosted our first live jazz concert at the Parks at Walter Reed; in fall we held our community picnic in Rock Creek Park; and just a few weeks ago we hosted a winter holiday party where more than 80 members, volunteers, and friends came together to enjoy each other's company, honor our volunteer drivers, celebrate our many 90+ year old members, and generally have a great time.

During the pandemic ERCV's online Armchair Travel program allowed us to explore the world when physical travel was restricted. Post-pandemic it is still a great way to enjoy a winter afternoon at home. On January 18th we will [virtually travel to Switzerland](#) with Board member Peter Kramer. On January 25th home organizer Judy Tiger will [tell us](#) how decluttering and getting organized can "change chaos to calm" in the new year. Plus, I hope you will [register](#) to join the ERCV Lunch Bunch at Jinya, the new ramen restaurant at the Parks at Walter Reed, on January 31st.

So, what's next for ERCV in 2024? Why don't you tell us what you'd like? We've posted an [online survey](#) to help us select good days, times, and places for upcoming Lunch Bunch and Happy Hour gatherings. We're elated that so many neighbors regularly attend our activities, but we're always open to suggestions. At the end of the survey there is an opportunity to propose new programs, so if you have any ideas, please share them. All it takes is an idea and the energy of a few volunteers to make things happen!

This month, our country celebrates the birthday of Martin Luther King Jr. He famously said, "Life's most persistent and urgent question is, 'What are you doing for others?'" There is certainly more than enough that needs to be done. Many of us have answered that call in part by serving our neighbors, by supporting and sustaining East Rock Creek Village right here where we live, and, by extension, helping to grow a national Village movement.

As we embark on this new year, let's ensure that our community thrives. I want to express my sincere thanks to those who have generously contributed year-end donations, and hope all who want to be part of ERCV will decide to [join or renew their membership](#). Together, let us continue to build a caring community that will help us do our part to make 2024, near and far, a year of unexpected blessings.

--David Mackoff



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

Beth Allaben

Shelley Brazier
Roger Glass
Fannie Hamilton
Yvonne Johnson
Bob Mason
Marian Williams
Donalee Wood

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.



In Memoriam

Our ERCV community mourns the passing of two members.

Fred Schirrmacher was a longtime Colonial Village resident and an original social member when ERCV's opened its doors in 2016. **Wilbert Knight** joined ERCV during the pandemic and appreciated the help of our volunteers and support services. Both men will be missed and remembered.



SPOTLIGHT: Holiday Party Pix!





Top left: Volunteer Leader Cathy Mascelli helping at the registration table;

Top right: We thanked and honored ERCV's volunteer drivers;

Middle photo: Over 80 people attended;

Bottom left: Board President David Mackoff with Ward 4 Councilmember Janeese Lewis George;

Bottom right: We celebrated our members over age 90, especially Jean Bennett, whose 98th birthday was that week.



ERCV MATTERS

Thanks to the many people who have recently joined or renewed their
ERCV membership! If you haven't yet, please take a moment to join our
 community of mutual support & engagement.

Checks may be written to East Rock Creek Village and mailed to:
ERCV
7707 13th Street, NW
Washington, DC 20012

or [CLICK HERE](#) to pay membership dues online by credit card.

If you are becoming a new member, please use the same form, but include the names, email addresses, and birthdates of your household. Feel free to call **202-656-7322** with any questions or concerns. For more information about annual dues, please [visit our website](#) for details.

Become an East Rock Creek Village Volunteer in the New Year! Are you newly retired or do you have a little time to make a big difference? East Rock Creek Village is looking for YOU! By volunteering, you will have the chance to help older neighbors by driving them to appointments or assisting with grocery shopping, snow shoveling, or light household tasks. ERCV is volunteer-managed, so you may also help plan and carry out our programs and do community outreach. You don't need to be a member and you can set your own schedule. If you are over 18 and willing to help, you will be trained, vetted, and supported, and you will no doubt make new friends! If you want to find out more, please fill out this online [Volunteer Interest](#) form.

Take ERCV's Lunch Bunch/Happy Hour Survey:



East Rock Creek Village regularly plans "Lunch Bunch" and Happy Hour gatherings at area restaurants. Each person orders and pays for their own food & drink. We sit together, laugh, eat, and enjoy. During the pandemic, we exclusively ate outside. Now on occasion we eat indoors.

What are your preferences? Do you have favorite restaurants to suggest? All members, volunteers, and friends of ERCV are welcome to complete this survey – even if you've never attended one of our lunches or happy hours and even if you filled out the paper version of the survey at one of our recent events. We invite you to help us plan our 2024 Lunch Bunch and Happy Hour gatherings. Click [HERE](#) to take our brief survey and complete it by January 16th.

Special thanks to ERCV Volunteer Leader Mark Pattison for launching this survey project!

Trouble with your smartphone, tablet, or laptop? ERCV Tech Coaches can help!

We will pair you with a trained volunteer who can help you learn how to use your electronic device more easily. Once a week your Tech Coach will come to your home for a one-hour personalized session. You decide what kind of help you want. The idea is to start with three or four sessions, and then you can keep going or wind down; the program is very flexible. If you are interested, contact Allyson Booth (moonbirdboot@gmail.com or 202-704-1677). Allyson is also the person to get in touch with if you'd like to become a tech coach.



HEALTH UPDATES

Winter viruses are on the rise again. If you feel that you are catching a cold or are running a fever, it is important to take a COVID home test and seek early treatment from your healthcare provider. If you test positive for COVID, starting on Paxlovid can lead to rapid improvement and Tamiflu will help with flu recovery. If you haven't yet gotten your COVID, flu, and RSV vaccines – NOW IS THE TIME!

- Our neighborhood CVS, Giant, and Safeway Pharmacies take walk-ins.
- 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.

More free COVID-19 test kits: You can pick up free COVID-19 rapid tests at DC public libraries again. Get yours at the Shepherd Park/Juanita E. Thornton Library at 7420 Georgia Ave., and the Takoma Park Library at 416 Cedar St. Click [HERE](#) for more information.

Most COVID-19 home tests have received expiration extensions from the FDA. To see if your COVID-19 test has an expiration extension, see the [List of Authorized At-Home OTC COVID-19 Diagnostic Tests](#). For additional COVID-19 Home Test information, visit the [FDA At-Home COVID-19 Diagnostic Tests: Frequently Asked Questions](#).

You can also order an additional four at-home COVID-19 tests — free of cost — through the government. You can submit an order through [Covidtests.gov](https://covidtests.gov) for four individual rapid antigen COVID-19 tests. You can also call **1-800-232-0233** (TTY 1-888-720-7489) to request tests.

Test to Treat: new NIH resources for COVID/flu. Test to Treat is a free program for older adults. Participants will be sent COVID and flu test kits; get a free telehealth visit if or

when they test positive for COVID/flu; and treatment – typically a prescription for Paxlovid or Tamiflu, shipped to them or to pick up locally. Anyone eligible can sign up at any time. If they sign up when they have already tested positive, they will get the telehealth visit and prescription but no test kits. There is a phone-only option, but participants must have an email address. It's a good option for anyone who wants the ability to test and get treated without leaving home and/or without making a co-payment. Click [HERE](#) for more information, or call 1-800-682-2829.

Free Mental Health Hotline: The winter holiday season can be a particularly stressful time of year. Please remember that DC has a free Mental Health Hotline that will connect you to a trained professional, 24 hours a day, seven days a week. **The number for the Mental Health Hotline is 1-888-793-4357 or you can call 988 and get connected to support.** It is normal to feel depressed, anxious, or just not yourself at times, even and especially around the holidays; it is also normal to seek out help when that happens.



ERCV PORTRAITS – Carole Baumgart



Unlike most ERCVers, Carole Baumgart is a newcomer to DC. She moved here in 2021 from Evanston, Illinois to be closer to her daughter and grandchild. She is enjoying getting to know our city, learning about art and theater in our region, and meeting new friends through the Village and other activities.

Carole was born in San Diego at the Naval Hospital the day that her dad returned from military service in Korea. She was only briefly a California girl, though, as the family moved to Pennsylvania when she was still a baby. Twelve years in Pennsylvania public schools hardly prepared her for what she experienced at Vermont's Goddard College, then known as a "hippie" college. With courses in intentional communities, Javanese gamelan, and other exotic

topics, the school attracted non-conventional thinkers, including playwright David Mamet and actor William H. Macy. Still, she thrived in her new setting.

After Goddard, Carole lived in Quebec for a few years, learning to grow her own food and making and selling bread from flour she hand-ground herself. When she returned to Pennsylvania, she landed a job with Rodale Press, a publishing company focused on organic gardening and farming. One of the perks of the work was that she got to test recipes and contribute to the magazines and books.

With a move to Chicago, Carole continued her career in publishing, working as an editor, writer, and creative director for a healthcare marketing firm. While in Chicago she married and had two children, moving to Evanston just north of the city to raise her family. She eventually went to work for CVS Caremark, one of the country's largest healthcare companies, where she had the opportunity to write about such important issues as the passage of Medicare Part D and the Affordable Care Act. She retired from full-time CVS work in 2019.

Upon moving to DC, Carole briefly lived in Petworth, in the same building as her daughter and son-in-law. She moved to Takoma DC in the summer of 2023 and joined ERCV then. She has enjoyed our museum trips, happy hours, and Otago training. She would love to see us start a theater or book group. If you haven't met Carole in person yet, look for her at our next get-together!

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



ERCV JANUARY EVENTS CALENDAR—



~ American Beech in winter, Rock Creek Park ~

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.

Mondays, January 1, 8, 15, 22, & 29: 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, January 1, 8, 15, 22, & 29: 4:00 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 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.

Tuesdays & Thursdays, January 2 & 4; 9 & 11; 16 & 18; 23 & 25; & 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.
- Register [HERE](#) or for more information contact info@eastrockcreekvillage.org or phone Susan Davis at 202-656-7322 to arrange an orientation before class.

Wednesdays, January 3, 10, 17, 24, & 31: 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.
- If you plan to come, please email info@eastrockcreekvillage.org or call/text 202-656-7322 as several members of the group are taking a short break. If you let us know, we will look out for you and add you to the reminder email or text message which is sent out Tuesday evenings. All are welcome!

Wednesdays, January 3, 10, 17, 24, & 31: 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, January 5, 12, 19, & 26: 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.

Thursday, January 11: 3:00-4:30 pm

OPEN HOUSE ONLINE

- Fix yourself a hot chocolate or cup of tea. Join us to see photos from our December 17th Holiday Party and other recent ERCV events, welcome new members and volunteers, and talk about our hopes for 2024.



- If you have photos to share, please send them to info@eastrockcreekvillage.org.
- **Register** [HERE](#) or call 202-656-7322 if you have any questions.

Fridays, January 12, 19, & 26 (no class on Jan. 5): 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.



January 15 - Martin Luther King Jr. Birthday

Thursday, January 18: 3:00-4:30 pm

ARMCHAIR TRAVEL: SWITZERLAND – SMALL BUT SPECIAL, WITH PETER KRAMER



- Switzerland is mainly known as a tourist destination, but ERCV Board Member Peter Kramer did not go there as a visitor; he lived and worked there for more than 20 years. His three sons all live there now, so he still is a frequent visitor.
- Peter will provide us with an entertaining journey through Switzerland and talk about its history and people, providing us with an insider view of this small, special, and beautiful country.
- **Register** [HERE](#) or email info@eastrockcreekvillage.org or call 202-656-7322 for help signing up.

Friday, January 19: 10:30 am-noon

JOIN THE ERCV PROGRAM COMMITTEE MEETING ONLINE

- Share your ideas about programs to offer through the fall, winter, and spring. 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, January 25: 3:00-4:30pm

CHANGE CHAOS TO CALM: LIVING ORGANIZED IN THE NEW YEAR

- Professional organizer, Takoma DC neighbor and owner of Just That Simple, [Judy Tiger](#), will share her approach to living well by organizing well in the New Year.
- Whether you are aging in place or planning to downsize to move, you will learn from Tiger's personalized, non-judgmental, and soothing approach to 'stuff.'
- No matter if your challenge is papers, clothes, photos, memorabilia, books, the kitchen, pantry, attic, basement, or garage. As Tiger says, "Clutter can be overwhelming, confusing, and stressful. A few 'simple' steps can change chaos to calm." Put her top tips to work for you.
- Register [HERE](#) or call 202-656-7322 or email info@eastrockcreekvillage.org.



Wednesdays, January 31: 12:00-1:30 pm

LUNCH BUNCH AT JINYA RAMEN BAR

- How about some hot noodle soup on a cold day? We are checking out the new JINYA Ramen Bar at The Parks at Walter Reed, 1155 Dahlia St. NW. We will be seated inside in a back corner of the restaurant.
- Click [HERE](#) to look at the menu.
- From Georgia Ave., turn on Dahlia Street to access the Whole Foods Market parking garage. Enjoy 90 minutes of free parking with a validated parking ticket, no purchase at Whole Foods needed.
- Register [HERE](#) or by email to info@eastrockcreekvillage.org or call **202-656-7322** so we can save you a seat. And let us know if you need a ride.

Please note:

ERCV's programs are free and open to all!
Anyone who needs help signing up for ERCV, Village,
or community events should feel free to contact
the ERCV office at 202-656-7322.



**EVENTS OFFERED BY OUR SISTER VILLAGES
(free & open to all Villages)**

Villages in the DC area work closely together. We share resources and invite each other to participate in our larger programs. Below is a sampling of programs we have been invited to attend by other DC Villages. For more, visit DMVVillageEvents.org

~ Strategies to Cope with Decline in Vision, Coping with Uncertainty: Wednesday, January 3, 1:00-2:00 pm via Zoom – Sandy Neuzil with the Prevention of Blindness Society will speak



during the January Coping with Uncertainty group session. Born with legal blindness, Sandy is a graduate of Harvard and a retired research geologist. Join her as she discusses: what is low vision and how it can impact daily life; new approaches to solve what you think you can't do; & local and national resources. Technology galore is available to help! Register [HERE](#) to join the program online or by phone. Offered by **Northwest Neighbors Village**.

~ Byte Back Laptop Giveaway & Training: Monday, January 22, 11:00 am–2:00 pm, St. Paul's Church, 2430 K Street, NW – This event is for any Village member needing a laptop computer. The first 17 people to sign up will receive a free laptop. The give-away session will include basic instruction on how to use the computer, and additional training sessions will be offered in February. This event is sponsored by Byte Back through a grant from the Washington Home Foundation. To **register**, click [HERE](#). If the event is full a waitlist will be created, and laptops will be given out to waitlisted people on a first-registered basis. Offered by **Foggy Bottom/West End Village**.

~ Byte Back Laptop Giveaway & Training: Tuesday, January 23, 11:00 am–2:00 pm, Byte Back office, 899 North Capitol St. NE, Suite 850 – This event is for any Village member needing a laptop computer. The first 23 people to sign up will receive a free laptop. The give-away session will include basic instruction on how to use the computer, and additional training sessions will be offered in February. This event is sponsored by Byte Back through a grant from the Washington Home Foundation. To **register**, click [HERE](#). If the event is full a waitlist will be created, and laptops will be given out to waitlisted people on a first-registered basis. Offered by **Capitol Hill Village**.

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

. . . AND OTHER COMMUNITY EVENTS . . .

~ Crochet & Cozies: Mondays, January 8, 22, & 29, 10:30 am, Takoma Park Maryland Library, 7505 New Hampshire Ave. – Come join us for crochet and cozy mysteries. Bring your hooks and

yarn. Don't have any? We'll find some for you. A beginner? You'll find help. Knitters and loom knitters - please join us. We will be joined by a professional fiber artist who will introduce us to felting and other techniques. Located just north of the iHop on New Hampshire Ave. in Takoma Park MD. Look for the yellow banner above the door. [Registration](#) is optional. (It's just a way for us to get an email address in case we need to contact you.)

~ ***Bending Toward Peace, Truth & Justice, 2024 MLK Holiday DC Annual Peace Walk & Parade and Health & Wellness Fair: Monday, January 15, 11:00 am–2:00 pm, R.I.S.E Demonstration Center, 2730 Martin Luther King Jr. Ave. SE*** – Participants are committed to continuing this strong tradition started more than 40 years ago by radio talk show host and community activist Ralph Waldo “Petey” Greene, *Washington Informer* publisher and philanthropist Dr. Calvin W. Rolark, and former Ward 8 Councilmember Wilhelmina J. Rolark, when they organized the annual Martin Luther King Day Parade. Exit Right onto Howard Rd. toward MLK Ave. from the Anacostia Metro Station. The parade route is just over 2 miles, so dress warmly & wear comfortable shoes. The event is outdoors, rain or shine. The Health & Wellness Fair will be in the parking lot near 2008 MLK Jr. Ave. SE. For more information and to **register**, click [HERE](#).

~ ***Let Freedom Ring Celebration: Monday, January 15, 6:00 pm, Kennedy Center Concert Hall*** – The John F. Kennedy Center for the Performing Arts and Georgetown University celebrate the legacy of Dr. Martin Luther King Jr. with a free, ticketed musical tribute, the *Let Freedom Ring Celebration* featuring Jordin Sparks, Nolan Williams Jr., & Cécile McLorin Salvant. A highlight of this year’s program will be the world premiere of Williams, Jr.’s “Rise Up and Fight,” a civic anthem composed to commemorate the 60th anniversary of Freedom Summer. **NOTE: The ticket giveaway begins January 15 at 4:30 pm at the Hall of Nations and will be limited to two tickets per person.** This performance will be captioned. If you or a member of your party requires accessible seating or seats in the captioned section, please notify staff when you reach the front of the ticket distribution line. For more information about accessibility, please contact the Accessibility office at 202-416-8727 or access@kennedy-center.org.

~ ***OLLI January Free Lecture Series: January 8, 11, 16, & 19, 10:00-11:00 am online*** – The Osher Lifelong Learning Institute (OLLI) at American University is offering a free [January online lecture series](#): Monday, January 8, Craig Gilbert, *A Look at America's Ultimate Swing-state: The Presidential Battleground of Wisconsin*; Thursday, January 11, Dee Davis, *Rural America and the 2024 Election*; Tuesday, January 16, Keith Wiley, *Demographic Change, Economic Distress, and Uncertain Times: A Closer Look at the Data*; Friday, January 19, Maureen Corrigan, *Banned in the USA*. Participants must [sign up for the OLLI email list](#) to receive online links for each free program. You will also receive the OLLI newsletter and be able to register for the upcoming semester. If you want to participate in OLLI’s \$100 [February Shorts](#) program, please choose your lottery selections by January 18 and by February 20 for the \$300 [spring semester](#). If you need scholarship assistance, please download an application [HERE](#), then drop it off or mail it to the OLLI office. All requests are confidential. For more information, call 202-895-4860.

~ Encore Creativity for Older Adults Concert Video: Watch the recent Kennedy Center Concert video anytime

– Encore Creativity for Older Adults is the nation’s largest choral arts organization for adults 55 and over. Based in Maryland, Encore offers ensembles across the country, all conducted by seasoned professional artists. Encore’s mission is to provide an excellent and accessible artistic environment for older adults, a traditionally underserved population in the arts. Encore’s programs include Encore chorales, Encore ROCKS rock ‘n’ roll ensembles, and Sentimental Journey Singers, a program that connects individuals with early-to-mid-stage cognitive change and their care partners through song. Click [HERE](#) to access the December 26 Kennedy Center concert of singers gathered from Encore groups throughout the region. The Chorale portion of the program begins at the 1 hour-8-minute point in the video. To find out more about Encore, click [HERE](#).

-- 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.

