

FEBRUARY 2024

East Rock Creek Village — 202-656-7322

7707 13th St. NW, Washington, DC 20012

info@eastrockcreekvillage.org—www.eastrockcreekvillage.org



PRESIDENT'S CORNER

Warm Hearts and Willing Hands



In the past few weeks, we've had our first snowstorms of the season, followed by cold downpours of rain and some unexpectedly warm, even humid, days. Recently I had the privilege of staying with my parents in Chicago while my mom recovered from a (successful) hip replacement. While I was there the temperature dipped to well below zero, and I relished braving the cold in a borrowed heavy coat, always knowing that my parents' warm home awaited my return. There are of course parallels between inconstant, extreme weather outside and the seasons of life we all navigate. Just as the biting cold demands that we bundle up and take extra precautions, the winter of life calls for an extra layer of understanding and support from professionals, our loved ones, and our community. This is among the many reasons I am grateful to be part of East Rock Creek Village.

The first Village in the United States started gathering members in Boston just over twenty years ago. This particular way of organizing neighbors to help neighbors age at home with dignity is steadily gaining steam. There are hundreds of individual Villages throughout the country. The thirteen Villages in DC have worked together in a number of ways, most recently in creating the DC Villages Collaborative (DCVC). I am honored to serve as the Vice President of DCVC's Collaboration Council and am pleased to announce that Dr. Katrina Polk has been selected to be our first executive director. Dr. Polk has spent the past two decades working on issues at the heart of aging in community and will assume her DCVC position in mid-February. We look forward to supporting her as she strengthens and helps expand our Village Movement.

February is our briefest month, even with this year giving us an extra day (Happy Birthday Leaplings!), but it is filled with many holidays and opportunities to be together. Come join

ERCV's online [February-themed bingo](#) game on Thursday, February 8th and our [online Open House](#) a week later on February 15th.

Thanks to everyone who took our recent online survey and proposed new restaurants for us to try for lunch or happy hour. This month we will meet for the first time at MotorKat in Takoma Park on February 22nd for their [Happy Hour](#). Finally, we will celebrate Black History Month with a special field trip to the National Museum of African American History and Culture on February 26th. Please [sign up now](#) if you'd like to join us.

I encourage you to participate actively in ERCV and continue to share your thoughts and ideas. ERCV is not just an organization—it's a community built on the willingness of its members to get involved.

Changing weather may confound us, and the fierce winds of 2024 may threaten, but what matters most is how we navigate and weather the storms together. Let us fortify ourselves with the warmth of connection, help those of us in need, and together share experiences that will continue to comfort us on our coldest days.

--David Mackoff



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

**Jourdinia Brown
Walt Ennaco
Chuck Feinberg
Andy Gay
Gloria Gibson
Carroll Green
Angela Satterthwaite**

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: ERCV MATTERS

Watch ERCV's [YouTube Channel](#): ERCV's recent online programs have been excellent, well-attended, and are getting rave reviews! Please click the links below to watch a specific recording. Click the link above if you want to look through all of ERCV's online offerings.

- [Armchair Travel: Switzerland](#) with Peter Kramer, January 18, 2024
- [From Chaos to Calm](#) Decluttering with Judy Tiger, January 25, 2024
- Link to [Judy's Favorite Products handout](#)

New Addition to ERCV's [Resource Page](#)—MemoryCare.com: While caregiving for a loved one is a noble calling that comes with its own rewards, it can also be a daunting and demanding pursuit. It requires an immense investment of time and money and can take a toll on your physical and mental health. MemoryCare.com is dedicated to providing the best, most comprehensive resources to those struggling with Alzheimer's and dementia, as well as their caregivers and loved ones.

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 joining as 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.

Be a Voice for Villages. Membership dues cover only a portion of ERCV's expenses. The Department of Aging and Community Living (DACL) provides a generous grant that is equally divided among the current 13 DC Villages. Budget season is here, and we understand that cuts are expected for the upcoming year. Would you be willing to let the DC Council and administration know why East Rock Creek Village is important to you? Your voice is important and can help us maintain our funding while ensuring that our elected leaders know the value of Villages. Please

contact the ERCV office at info@eastrockcreekvillage.org if you would like to help. Click [HERE](#) to learn more about the collective impact of DC Villages in FY23.



WELCOME: DC Villages Collaborative New Executive Director



The DC Villages Collaborative has selected Dr. Katrina Polk to serve as its inaugural Executive Director. This appointment will help launch an innovative structure that leverages the strengths of 13 neighborhood-based, non-profit organizations dedicated to supporting older adults across DC. Dr. Katt, as she is known, has spent the past two decades working on issues at the heart of aging in the community. She earned her doctorate in Public Policy and Administration from Walden University and holds multiple certificates and credentials in project management, aging and wellness, and gerontology. In her new role Dr. Katt will lead collaborative efforts among the 13 DC Villages, working closely with leaders of existing Villages and helping new Villages take root in underserved areas of the city. To read the full press release, click [HERE](#). To learn more about DC Villages, click [HERE](#).



HELPFUL INFORMATION

Tax-time help: The [AARP Tax-Aide program](#) that provides free income tax preparation and filing is available to our Village community. You can have your taxes done in person at Emery Heights Recreation Center, 5701 Georgia Ave. NW. The days/hours there are Tuesdays & Thursdays, 10am-2pm. **Appointments are preferred.** Call 202-643-9263 and leave a message to get an appointment. In addition, several ERCV volunteers are also certified tax counselors in the

AARP program. Call or email the ERCV office at 202-656-7322 to arrange tax prep assistance from one of the ERCV volunteers.

CVS pharmacy closures in Target stores will begin in February: Locations and dates:

- 1515 New York Ave. NE, closing **02/29/2024**
- 4500 Wisconsin Ave. NW, closing **03/07/2024**
- 7828 Georgia Ave. NW, closing **03/14/2024**

In addition, CVS's Columbia Heights store will close by the end of February. CVS officials say all Columbia Heights prescriptions will be transferred to the CVS pharmacy at 1755 Columbia Rd. NW.

Steer clear of bus stops and bus lanes to avoid getting tickets: DC Department of Transportation (DDOT) recently [announced](#) it will begin ticketing cars illegally driving, parking, standing, or stopping in dedicated bus lanes, typically marked by red paint and signs, with automated traffic cameras mounted on MetroBuses as of **Monday, January 29**. Each photo from traffic cameras is sent to DDOT to verify whether there was a violation before a ticket is issued, and tickets can be appealed. You can find a full list of current and future dedicated bus lanes on DDOT's [website](#), which also has a helpful [FAQ page](#). The Clear Lanes program aims to improve bus service and reliability and to ensure that bus stops are fully accessible, especially for seniors and riders with disabilities.

Senior SmarTrip cards for metro are now free: Seniors can now pick up [free Senior SmarTrip cards](#) and always get 50% off all their fares. Senior SmarTrip cards can be picked up at the Transit Accessibility Center (655 Virginia Ave. SW) and a few other locations, including all Montgomery County libraries. Learn about Senior SmarTrip Cards and how to access them on WMATA's [website](#). Scroll down and click on "Apply for the Senior SmarTrip Card" for detailed information. [information from councilmember Janeese Lewis George's newsletter]



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. NW, and the Takoma Park Library at 416 Cedar St. NW. 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 [HERE](#) for four individual rapid antigen COVID-19 tests. You can also call **1-800-232-0233** (TTY 1-888-720-7489) to request tests.



ERCV PORTRAITS – Renee Moore



If you were inspired by the movie “Twelve Years a Slave,” you can thank ERCV member Renee Moore for bringing attention to this true story. She discovered Solomon Northup’s history while

a student at Skidmore College in Saratoga Springs, NY. In 1999 she conceived the idea of honoring him with an annual celebration, and [Solomon Northup Day](#) was born.

Renee was born at Harlem Hospital in New York City. Her mother was a nurse and her father a salesman and tennis player. He died when Renee was a child, and she was raised mainly by her aunt and uncle in the North Bronx. Renee loved dance and studied ballet and flamenco at an early age. She went north a few hundred miles to attend Skidmore College, and after graduating stayed in Saratoga Springs, the place she considers “home.” In time she married a Navy man. They had a son, who died tragically a few years ago. Being a military family enabled them to live and travel far and wide. Colorado Springs was one of Renee’s favorite locations, and she still visits old friends there. Montreal also holds a special place in her heart.

Renee landed in DC in the 1980s and worked for Congressman John Conyers, various attorneys and lobbyists, and as a defense contractor. In 1993 she worked tirelessly to help the Haitian people. A member of an NGO there told her, “Your name is all over Haiti!” She returned to Saratoga Springs to care for the aunt who raised her, and 24 years later, in 2019, Renee came back to the District.

Renee’s passion for dance remained strong, and as an adult she learned West African, Ghanaian, and Senegalese dance. With all her rich and varied experience, Renee is most proud of her work in bringing attention to Solomon Northup and his story. Thanks to her dedication, there are now annual celebrations in his honor in several cities, in addition to a foundation and other resources that keep his memory alive. She says that Solomon Northup Day “is a way of remembering so that we, as Americans, as African-Americans, don’t forget how far we have come, and of encouraging youth to speak up for human freedom and justice.”

Renee was honored by the Library of Congress in 2000 and the National Park Service in 2007. She continues to work as a public speaker, delivering messages about Black history to churches and other groups. She also volunteers at the Rock Creek Park Nature Center and as a reading coach at a local Montessori school. She is not ready to retire, however, and is actively looking for work.

As a historian, Renee is hoping to be able to join upcoming ERCV museum trips. Perhaps you will see her there!

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



ERCV FEBRUARY EVENTS CALENDAR—



~ winter jasmine ~

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.*



Tuesdays & Thursdays, February 1; 6 & 8; 13 & 15; 20 & 22; 27 & 29, Shepherd Park Library:
12:30-1:30 pm (Note time change.)

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.

Fridays, February 2, 9, 16, & 23: 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, February 2 & 9: 3:00-4:00 pm (NOTE: no class Feb. 16 or 23)

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, February 5, 12, 19, & 26: 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, February 5, 12, 19, & 26: 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.

Wednesdays, February 7, 14, 21, & 28: 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, February 7, 14, 21, & 28: 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.

Thursday, February 8: 3:00-4:00 pm

ERCV SEASON OF LOVE BINGO VIA ZOOM



- February may be a short month, but it's filled with special days, themes, and holidays. Join members, volunteers, and friends of East Rock Creek Village to celebrate time together in a toasty-warm COVID-safe way via Zoom. Fix yourself a hot chocolate and ENJOY our virtual gathering.
- **Register** [HERE](#) to get the Zoom link and reminder emails.
- Get your bingo player code [HERE](#) and play online, or print your own cards.
- Call the office at 202-656-7322 or email info@eastrockcreekvillage.org if you would like us to print and deliver your bingo cards or need any other assistance to play.



February 13



February 14

Thursday, February 15: 3:00-4:30 pm

OPEN HOUSE ONLINE



- Fix yourself a nice cup of hot tea or your favorite afternoon treat and join us. Our Open House is a chance to chat and get to know other ERCV members and volunteer leaders.
- If you have cool photos of the recent snowstorms or have artwork you want to display, please let us know. We can help you share photos online during the Open House. Please come with any questions you have about ERCV and let us know what you enjoy & what we can do even better in 2024.
- **Register** [HERE](#) or call 202-656-7322 or email info@eastrockcreekvillage.org if you have questions or photos to share.



February 19

Thursday, February 22: 4:00-5:30 pm

HAPPY HOUR AT MOTORKAT

- We are trying out a new spot for our Happy Hour this month. Please join us at MotorKat, “Takoma’s Neighborhood Restaurant” located at 6939 Laurel Ave. It is a new “seasonally led, wood-fired culinary experience with a high quality sourced raw bar.”

- The restaurant's name came from a legend about a cat who cruised the streets of Takoma Park on a motorcycle, inspiring the community around her to live fast.
- Click [HERE](#) to look at the Happy Hour menu, [HERE](#) for an early dinner, and [HERE](#) for desserts made in house.
- Note: We will be eating inside. Each person will order and purchase their own meal. We will ask for separate checks but will need to see if the restaurant is willing to do that. It may be helpful to bring cash as well as a credit card.
- You can park for \$3 for 1-2 hours in the lot entered at the intersection of Laurel and Carroll or you may find nearby DC street parking.
- **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.

Monday, February 26: Noon with 1:15 pm timed-entry tickets

FIELD TRIP TO NATIONAL MUSEUM OF AFRICAN AMERICAN HISTORY & CULTURE



- Those who have visited the museum before may choose to explore on their own or accompany those who haven't yet experienced it.
- Please be aware that touring just the History Galleries in their entirety will take approximately 2 hours and require about 1 mile of walking. We encourage visitors to eat & hydrate before entering the History Galleries, especially if you have special healthcare needs. To see a museum map, please click [HERE](#).
- On the day of our visit, there is a 15-minute program that meets at the [Harriet Tubman Quilt in the Visual Arts Gallery at 3:15 pm](#). Our group will plan to meet up there if we have gotten separated and will decide when to head back home.
- The cafeteria is open from 11:00 am-3:00 pm. Our group may decide to stop in for coffee/tea/dessert around 2:30 before heading to the Harriet Tubman program.
- Please let us know if you will meet the ERCV group at the Takoma Metro at noon. With advance notice, we can provide rides to the metro. The group will go on the Red Line to Metro Center, then transfer to the Orange, Blue, or Silver Line to the Smithsonian stop. It's a short walk across the Mall to the museum. Or you can go on your own to meet up with the group at 1:10 pm at the 15th St. & Madison Dr. entrance.
- **Register** [HERE](#) or call 202-656-7322 or email info@eastrockcreekvillage.org to let us know your mode of transport, your familiarity with the museum, and if you need assistance to get to the metro. FYI: we have 20 timed-entry tickets reserved for 1:15 pm. Susan Learmonth will be the point person for this field trip. You can reach her at susan.learmonth@gmail.com or by calling or texting 202-271-1309.

Sign up NOW & save the date: Monday, March 11: 8:45 am-4:00 pm

FIELD TRIP TO THE NATIONAL AQUARIUM IN BALTIMORE



- Last year's field trip was such a success, we're going to do it again! Thanks to ERCV member Bob Learmonth, who is a volunteer diver at the National Aquarium in Baltimore, we have 20 complimentary tickets for ERCV members and friends. He will be feeding and caring for the fish while we are there! Please **register** [HERE](#) by Wednesday, March 6.
- ERCV is providing car rides for all, and free admission. Participants will pay for their own lunch at the Aquarium lunchroom (~ \$18) or at nearby restaurants. Each carload can decide how long they want to stay.
- There will be a significant amount of walking; wheelchairs will be available.
- There are many wonderful exhibits at the Aquarium, including dolphins and jellies, rain forests, and Australian habitat. Aquarium educators sometimes bring out an animal for a talk and there is also a nice gift shop.
- If you are interested in joining this field trip, please **sign up** [HERE](#), or email info@eastrockcreekvillage.org or call 202-656-7322 if you want to be a volunteer driver.

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

~ Byte Back Laptop Giveaway & Training: Saturday, February 10, 11:30 am-2:45 pm, Mt. Pleasant Library, 3160 16th St. NW – This event is for any member of a DC Village needing a laptop computer. The first 25 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. If you aren't one of the first 25 people to sign up, we'll put your name on a wait list and notify you if a slot becomes available. This event is sponsored by Byte Back through a grant from the Washington Home Foundation. YOU MUST [RSVP HERE](#) AND APPEAR IN PERSON ON Feb 10th TO RECEIVE THE LAPTOP. **NOTE:** there is no public parking lot in the immediate vicinity, so you will have to find street parking if you are coming by car. [ERCV members may request rides by calling 202-656-7322 or emailing \[info@eastrockcreekvillage.org\]\(mailto:info@eastrockcreekvillage.org\)](#) Questions? Please email NHN@mountpleasantvillage.org. Offered by **Mt. Pleasant Village**.

~ *Thurgood Marshall—A Trail-Blazing Civil Rights Victory in Montgomery County:*

Wednesday, February 14, 2:00-3:30 pm, Silver Spring Building, 1 Veterans Plaza – Civil rights icon Thurgood Marshall delivered an early blow to school segregation in Montgomery County, gaining equal pay for the county's African American teachers in 1937. This little-known case is often seen as the first step in Marshall's successful drive to have separate schools for white and Black children declared unconstitutional, as the Supreme Court ultimately did seven years later in a landmark decision. Ralph Buglass will provide a talk detailing this local story and its national significance. For more information, call Douglas Gaddis at 240-833-5580 or email doug.gaddis@silverspringvillage.org. Offered by **Silver Spring Village**.

~ *The Future of Democracy, with Marvin Kalb: Thursday, February 22, 1:00-2:00 pm via Zoom*

– Join us for a wide-ranging discussion with Marvin Kalb on issues related to the future of democracy in the U.S. and around the world. A nonresident senior fellow at the Brookings Institution, he is a prolific international correspondent with a long history in broadcast news and author of 17 books on Russia, the media, and foreign policy. Free and open to all. Please **register** in advance by clicking [HERE](#) or call 301-657-3115 or email info@chevyCHASEathome.org. Offered by **Chevy Chase at Home**.

~ *Zoom Tour of Cedar Hill, the Frederick Douglass National Historic Site: Friday, February 23, 10:30-11:30 am via Zoom* – Don't miss this opportunity for a virtual tour of Cedar Hill, Frederick Douglass's home in Anacostia from the fall of 1878 until his death on February 20, 1895. Established in 1988 as a National Historic Site, the site preserves the home and estate of Douglass, one of the most prominent African Americans of the 19th century. National Park Ranger Kevin Bryant will be the speaker. **Register** [HERE](#). If you need help registering, email information.fhnn@gmail.com with Douglass in the subject line. Offered by **Friendship Heights Neighbors Network** as part of a collaboration with **Little Falls Village**.

~ *Live and Learn—Guardianships, Wills, Trusts, & Estates: Monday, February 26, 3:30-5:00 pm via Zoom*

– Michele Zavos will discuss important documents for life planning as well as general information about elder issues and end-of-life planning. **Register** [HERE](#) or call Ellen Brody at 202-436-5252. Offered by **Dupont Circle Village**.

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

. . . AND OTHER COMMUNITY EVENTS . . .

~ **National Museum of Asian Art's Lunar New Year Family Festival: Saturday, February 3, 11:00 am-4:00 pm, 1050 Independence Ave. SW** – Free curator-led tours are planned for the National Museum of Asian Art's Lunar New Year Festival. Check out a panel discussion with chefs from across the region and pick up a treat for sale from DC's Rose Ave Bakery or other vendors if you get hungry.

~ **Black History Revealed—Getting Started with African American Genealogy: Saturdays, February 3, 10, & 24, 11:00 am–12:30 pm, MLK Jr. Memorial Library** – Join us for a three-part genealogy workshop series designed to guide you on how to start building your family tree, apply advanced research strategies, and uncover the lives of your ancestors. Live discussion and Q&A will follow each session. All sessions will occur in Room 401-D in the Conference Center. Sessions are limited to 25 participants and registration is required for each session. Registration will close two days before the workshop. **First Session: Getting Started with African American Genealogy: Register [HERE](#). Second Session: Research Strategies for African American Genealogy: Register [HERE](#).** For both free and enslaved people of color the institutions of racism and involuntary bondage often curtailed the documentation of family and individual history. Learn about research methods to extend the scope of African American genealogical research and reassemble our historic families. **Third Session: Uncovering Black History in Your Family Tree: Register [HERE](#).** Delve beyond family names, dates, and locations to uncover the vibrant lives of your ancestors. Explore advanced research techniques to help you better root your family in history as well as recognize and celebrate the significant contributions your family has made to history (local and global).

~ **Lunar New Year Family Celebration at Smithsonian American Art Museum: Saturday, February 10, 11:30 am-3:00 pm, Eighth & G St. NW** – The Smithsonian American Art Museum's annual fête spotlights how different Asian cultures ring in the Lunar New Year, with plenty of activities for kids, including crafts, photo booths, and face painting. A lion dance caps off an afternoon of performances, in addition to traditional Chinese and Korean art demonstrations. Free.

~ **DC Chinese Lunar New Year Parade: Sunday, February 11, 2:00 pm, Sixth & I St. NW to Sixth & H St. NW** – One of the biggest events of the season, the 2024 annual Chinese Lunar New Year Parade brings cultural performers and local organizations, from lion dance teams to marching bands to Scout groups, to the streets of DC's Chinatown around the Friendship Archway. The big finish is a firecracker show right on H St. NW. Free. For more information, click [HERE](#).

~ **Red, White, and YOU! A Senior Valentine's Day Celebration: Wednesday, February 14, 11:30 am-2:00 pm, Deanwood Recreation Center, 1350 49th St. NE AND at Edgewood Recreation Center, 300 Evarts St. NE** – Please join the Department of Aging and Community Living (DACL) for food, fun, and love on Valentine's Day. To register for the party at Deanwood Rec Center,

click [HERE](#). To register for the party at Edgewood Rec Center, click [HERE](#). For event registration assistance, please call 202-724-5626.

~ Support Group for Seniors Estranged from Adult Children, Jewish Social Service Agency (JSSA): Thursdays, February 15, 22, & 29, & March 7, 14, & 21, 10:00-11:00 am via Zoom –

Nicole de Campos is an advanced-year social work JSSA intern who is facilitating a new virtual 6-session support group for seniors estranged from adult children. Participants in this group will explore the emotional impact of estrangement on you and your family; connect with others who understand your struggles and provide mutual support; and discuss strategies and skills to help cope with what you're experiencing. This program is free. Anyone who is interested in joining should email Nicole at ndecampos@jssa.org.

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

ERCV Newsletter Editor: Nancy Foster nfoster14thst@gmail.com

"Like" us on [Facebook](#)

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

