



Upcoming ERCV Event

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

**FIELD TRIP TO NATIONAL MUSEUM OF
AFRICAN AMERICAN HISTORY & CULTURE**

Honor & celebrate Black History Month by joining our afternoon exploration of the National Museum of African American History & Culture!

Register [HERE](#) or call 202-656-7322

We have 20 time-entry tickets for 1:15pm. Please register & let us know if you will meet the ERCV group at the Takoma Metro at noon.

Or you can go on your own to meet up with the group at 1:10 pm at the 15th St. & Madison Dr. entrance.



Spotlight on a Recent ERCV Event



Lunch Bunch at Jinya January 31, 2024



ERCV MATTERS

WELCOME ERCV'S NEWEST VOLUNTEERS!

Beverly Grace, Renee Moore,
Carole Falvo & Rich VanMetter

Would YOU like to become an ERCV Volunteer?
Contact info@eastrockcreekvillage.org to explore the possibilities



Happy Birthday to ERCV members born in February!

Jourdinia Brown
Walt Ennaco
Chuck Feinberg
Andy Gay
Gloria Gibson
Carroll Green
Loretta Neumann
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.



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](#)

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.

Voices for Villages. Thanks to Volunteer Leader Susan Learmonth for representing ERCV at the Thursday, February 1, DC Council Oversight Hearing for Department of Aging and Community Living (DACL). She did a fantastic job! DACL provides a generous grant that is equally divided among the current 13 DC Villages. Your voice is also 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.



ERCV FEBRUARY EVENTS CALENDAR UPDATE —



~ 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.

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.

Tuesdays & Thursdays, February 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.
- For more information contact info@eastrockcreekvillage.org or phone Susan Davis at 202-656-7322 to arrange an orientation before class.

Fridays, February 16 & 23: 1:00-2:00 pm

ZOOM OTAGO FALL PREVENTION EXERCISE

- 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.

Mondays, February 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 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 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 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.



February 19

Click [HERE](#) for DC events

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: 1:15 pm timed-entry tickets

FIELD TRIP TO NATIONAL MUSEUM OF AFRICAN AMERICAN HISTORY & CULTURE



- Honor & celebrate Black History Month by joining our afternoon exploration of the 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.
 - 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.
- 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](#).
- **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

~ *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**.

~ *Piano Duets, Sunday, March 3, 2:00pm followed by a reception, Levine School of Music, Lang Hall, 2801 Upton Street, NW* ~ Join us for an afternoon of piano duets with Cathy Waldman and Paul Levi! As a husband-and-wife piano duo, they will perform a short concert of selections by tango composer Astor Piazzolla, as well as Prokofiev, Bach, and a new piece by Paul himself. Paul has arranged all the works in this program for piano duo. It is safe to say that you've never heard or seen anything like this! Learn more about Paul and Cathy [on their website here](#). The concert is free and open to the public, but RSVPs are required. Register [HERE](#). Offered by **Northwest Neighbors Village**.

**For Washington Area Villages Exchange (WAVE) activities in the region,
check out their website.**



. . . AND OTHER COMMUNITY EVENTS . . .

~ 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 – Niccole 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 Niccole at ndecampos@jssa.org.

~ Electronic Recycling Event, Saturday, February 17, 10:00am-2:00pm, Takoma Rec Center ~ DC DOEE will be holding an electronics recycling event at the Takoma Rec Center on Sat, Feb 17, 10-2. Only [covered electronic equipment](#) (ie, computers, key boards, printers, monitors, laptops, televisions, DVD & VHS players, but no mobile phones or appliances) will be accepted at these events for free from District households, small nonprofits, and small businesses. More details [here](#). Look for a big truck at the corner of 4th Street & Van Buren St, NW. For other items and hazardous household waste and shredding, you have to go to Lot 3 at [RFK](#) on Saturday, February 17 from 10am-2pm.



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.

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.



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

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