

DECEMBER 2019

East Rock Creek Village — 202-656-7322
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PRESIDENT'S CORNER

Let's Celebrate!



Can you believe it's already December? The year has zipped by so fast. What's your favorite ERCV memory (or activity) from 2019? I've especially enjoyed our Lunch Bunch gatherings at neighborhood restaurants. Breaking bread together is such a good way to get to know people. I always leave feeling full . . . with both food and fellowship.

The big event this month is our Holiday Party. It's the place to be if you are ready to celebrate the season! It will be on **Sunday, December 15th from 3-5pm at Takoma Co-housing** (see details in the Calendar section). Please bring family, friends, and neighbors and help us make it a fun time for all.

We have much to celebrate this year. We have wonderful volunteers who are willing to step up and become the leaders we need. I want to welcome Brenda Mejia to ERCV's Board of Directors. She brings fresh eyes and energy to our work. You may know her as a Shepherd Park neighbor or from her excellent ERCVillage Voice Portraits (like her profile of Linda Glass below). I'm proud of the volunteers who came forward to become trained leaders for ERCV's Otago fall prevention exercise program. I'm also pleased that so many of you have stayed active and engaged with each other – whether you come for our weekly neighborhood walks, our museum visits, our Open House / Game Days, or our monthly Lunch Bunch.

As good as 2019 has been, I'm already looking forward to 2020 -- and **I want to make sure you're with us**. Please take a moment to renew your ERCV membership. Your support, whether as a social or service member, donor, volunteer, or friend, helps build and sustain our caring community.

I hope to see you at our holiday party. Please come say hello. I'd love to hear what ERCV activity you most enjoyed this year and any thoughts you have to make next year even better. With

your continued support, I know we will end the year well. Wishing you and yours a happy, healthy holiday season.

--David Mackoff



SPOTLIGHT: HELPFUL TIPS

DC Water is partnering with the District Government to offer financial assistance to more residential customers, as well as non-profit organizations. The expanded financial assistance programs that were introduced this year are being extended through Fiscal Year 2020. It is easy to apply, and residents could save up to \$800 annually on their water bills. If a customer's household income is less than \$121,300, they are encouraged to see if they qualify. For more information, please visit dcwater.com/customer-assistance. You may also call 311 or DC Water's Customer Service at 202-612-3600.

GTG Tech Tutoring Session: GTG is the wonderful group of high school students who recently assisted ERCV members and friends with smart phones, laptops, and tablets. They may return to help us in the spring, but in the meantime, here is another opportunity to get their FREE help: GTG will be having a tutoring session on December 21 from 10:00 am-1:00 pm at the Tenley Library (4450 Wisconsin Ave. NW). Please email techgtg@gmail.com to schedule an appointment at any time between 10:00 am and 1:00 pm.

Solar for All is a DC-wide program to encourage residents to "go solar." The program aims to bring the benefits of solar energy to 100,000 low- to moderate-income families in the District of Columbia. The DC Department of Energy and Environment (DOEE) is partnering with organizations across the District to install solar panels on single-family homes and develop community solar projects to benefit renters and residents in multi-family buildings. **Solar for All** participants should expect to see a 50% savings on their electricity bill over 15 years and can be proud to have gone solar! For more information, please visit DOEE's website by clicking [here](#).

Tips for preventing thefts from autos have been offered by Derek Staten of 4th District MPD. Theft from autos is a crime of opportunity that can be prevented if you remove the opportunity. Remember: "Out of sight, out of mind!"

- Keep your valuables (including portable GPS devices) out of sight. Take them with you or secure them out of sight.
- If you cannot take valuables with you, put them out of sight in your trunk or a locked glove compartment.
- If you're shopping, place packages in the trunk, not on the passenger seat or floor.
- If you can unfasten your sound system and take it with you, or lock it in your trunk, do so. Do the same with CDs and tapes.
- Keep car doors and windows locked at all times.

Click [here](#) for details plus other helpful information about automobiles.



ERCV PORTRAITS – Meet Linda Glass



Linda ended up in DC somewhat by accident. Originally from Sumter, SC, she came to visit a friend after graduating from Hampton University. She liked what she saw at Howard University Law School, and applied even though the deadline had already passed. She was accepted and, luckily for us, has lived in DC ever since.

After earning her law degree, Linda clerked for Judge John Garrett Penn in the DC Federal Court. She and a colleague in Judge Penn's office were the only female clerks in the federal court system at the time. Linda worked on the famous ABSCAM case (an investigation of public corruption), and continued the clerkship beyond the established deadline, just because the case was so interesting and high-profile.

She went on to work for the Department of the Army, and later became a hearing examiner at the federal General Accounting Office. Linda found her work at GAO both rewarding and important. She reviewed and ruled on legal protests from contractors who felt they'd been unfairly denied government contracts. One of her most memorable cases involved all of the big defense contractors protesting the awarding of a massive project in New Zealand. She also loved playing softball with her office team, and only gave it up recently!

During this time, Linda and her husband Roger raised two daughters, Sydney and Kelcie, both of whom still live in the District. Linda retired in 2013, and remains incredibly active. She is a regular in the ERCV afternoon walking group, and takes Zumba classes several times a week. In addition to serving on the ERCV board, she volunteers with the Early Readers Program at Shepherd Elementary. An avid reader herself, Linda counts Robin Cook, Jonathan Kellerman, and Walter Mosley among her favorite authors. Linda has also learned to appreciate the simple pleasure of just doing nothing!

When asked what's changed the most in our neighborhood, Linda says that it doesn't seem to be as diverse as it used to be. She's also a little nervous about the development at the old Walter Reed Hospital site near her home. She's become used to the quiet over the past ten years, and is wondering what it'll be like when the construction is completed.

In any case, we can be sure that Linda will remain an active member of our community, and someone who can be counted on to share her time and talent with our children and our senior citizens.

-- Our thanks to ERCV volunteer Brenda Mejia for this interview



PLEASE JOIN US FOR DECEMBER & JANUARY EVENTS --

Monday, Dec. 2, 9, 16, 23, & 30: 9:00 am

ERCV MORNING WALKERS

- Meet at the home of Susan Davis (1202 Hemlock St NW). We will walk at a leisurely pace to the Shepherd School lower field where we can walk around the track or sit a bit and rest before walking back.
- Open to all – no reservations needed. New walkers welcome! **Note:** We will not walk if it is very cold or there is snow or ice on the sidewalks. Phone or text 202-656-7322 or email info@eastrockcreekvillage.org to be added to the weekly reminder email/call, or to receive notice of weather cancellations.

Wednesdays, Dec. 4, 11, & 18: (NOTE NEW TIME FOR WINTER) 3:30 pm

ERCV AFTERNOON WALKERS

- Meet at Susan Learmonth's home (1309 Floral St. NW) and walk for an hour, followed by hot tea or cider and conversation by the fire.
- Email info@eastrockcreekvillage.org or call or text 202-656-7322 if you have a question.

Thursday, Dec. 5: 9:00 am-4:00 pm

EXCURSION TO THE NATIONAL MUSEUM OF WOMEN IN THE ARTS

- 1250 New York Ave. NW. See interesting exhibits ranging from Judy Chicago's Meditation on Death & Extinction to paintings by women of the Dutch Golden Age. For details visit <http://nmwa.org>.
- **Please note: This outing will be canceled if we don't have any participants by Tuesday!**
- Admission is \$8 for seniors. We will purchase lunch in the museum café. Transportation will be by metro and the circulator bus, with rides available to & from Takoma Metro Station. **Or, if participants prefer, we can go by car (sharing parking expense).**
- If we go by metro and you don't have a Senior SmarTrip card, which gives you half-price travel, we can stop at the metro office at Metro Center and you can purchase one.
- Contact the ERCV office if you would like to join us: 202-656-7322 or info@eastrockcreekvillage.org.

Fridays, Dec. 6, 13, 20, & 27: 3:00-4:00 pm

CHAIR YOGA FOR SENIORS

- At the Juanita Thornton/Shepherd Park Library, Conference Rm. 2 upstairs. There is an elevator to the second floor. Limited parking at the library – 7420 Georgia Ave. NW – and metered street parking on Georgia Ave. as well as 2-hour parking on the side streets.
- Antonia teaches this free 1-hour gentle movement class suitable for everyone. Stretching, centering, strengthening, & balance poses are done sitting on or standing beside a chair. Wear loose clothing. All are welcome! Reservations are not required, but email info@eastrockcreekvillage.org or call or text 202-656-7322 to be added to the weekly reminder list.

Friday, Dec. 13: 12:00 noon [Note this is a Friday instead of the usual Wednesday.]

ERCV LUNCH BUNCH – ALL ARE WELCOME! JOIN THE FUN!



- Join us at **El Aguila Restaurant**, a Salvadoran/Tex/Mex restaurant, 7926 Georgia Ave., Silver Spring. Parking is in the rear off Eastern Ave.
- We will pay for our own lunches; lunch buffet or order from large and varied menu.
- RSVP **by Wednesday the 11th** to info@eastrockcreekvillage.org or 202-656-7322 so we can reserve a place for you. Service members may request a ride (please notify us a week in advance). – Photo courtesy of Shelley Moskowitz from October's lunch at Ledo Pizza

Sunday, December 15: 3:00-5:00 pm

ERCV HOLIDAY PARTY!



- At Takoma Co-Housing's Common Room, 6827 4th St. NW.
- Join other Village members, volunteers, & friends for appetizers, holiday sweets, festive beverages, & drawing for holiday gifts! Feel free to bring a guest.
- RSVP 202-656-7322 or info@eastrockcreekvillage.org. Service members are invited to request a ride.

Saturday, Jan. 11, 3:00-5:00 pm

ERCV OPEN HOUSE & GAME DAY – ALL ARE WELCOME!

- At the home of an ERCV Board member, 6706 5th St. NW, near the corner of Aspen St.
- Join us for conversation, games, and light refreshments, and learn more about how to enhance your quality of life, or that of your loved one or neighbor. All are welcome – come and bring your neighbor. Feel free to bring your favorite game to share. For more information, contact us at 202-656-7322 or info@eastrockcreekvillage.org. Please let us know of potential members you would like us to invite!

COMMUNITY EVENTS OF INTEREST

~ **Sunday, Dec. 1 – Thursday, Jan. 2, 10 am-5 pm: *Season's Greenings: National Parks & Historic Places*** – U.S. Botanic Gardens, 100 Maryland Ave. SW. This year's theme celebrates the 100th anniversary of the National Park Service. Model trains chug around re-creations of national parks as well as sites such as Mount Vernon. Most Tuesdays and Thursdays in December, the conservatory is open till 8 pm (versus the usual 5 pm) and features live music. For more information, call 202-225-8333 or visit the website: <https://www.usbg.gov/>.

~ **Sunday, Dec. 1 – Saturday, Jan. 11 (Wed.-Sat. only), 12 noon-6 pm: *Small Treasures at Zenith Gallery*** – At 1429 Iris St. NW. What's better than holiday cheer and shopping for treasures that will bring joy to you and those you love? Browse and shop among assorted small artworks from some of your favorite artists (*and* some new ones!). For more information, call 202-783-2963 or email Margery Goldberg at margery@zenithgallery.com.

~ **Monday, Dec. 2 (& 16 & 30), 9:30 am: *This is My Story: Memoir Writing at the Petworth Writers' Workshops*** – Petworth Library, 4200 Kansas Ave. NW. Explore the craft of writing memoirs and learn how to take from our own stories and put them to paper. For information, call 202-243-1188.

~ **Tuesday, Dec. 3, 6:30 pm: *Author Talk: Heroes of the Underground Railroad around Washington DC*** -- Shepherd Park Library, 7420 Georgia Ave NW. Local author Jenny Masur will discuss her book about our local heroes. A book sale and signing will follow. For more information, call 202-541-6100.

~ **Tuesday, Dec. 10, 7 pm: *Author Talk: You are What Your Grandparents Ate*** -- Tenley-Friendship Library, 4450 Wisconsin Ave. NW. Author Judith Finlayson and Dr. Kent Thornburg (Oregon Health & Science University) will discuss nutrition, epigenetics, and the origins of chronic disease, as explored in Finlayson's book. Books will be available for signing. For more information, call 202-727-1488.

~ **Friday, Dec. 13, 9:30 am-4:30 pm: *AARP Smart Driver Course at Sibley*** -- Sibley Memorial Hospital, Building D - Conference Room #2, 5255 Loughboro Rd. NW. AARP Driver Safety instructor Joe Ryan will help you brush up on your driving skills. The class will focus on the effects of aging and how to adjust appropriately. Cost: \$15 with AARP card or \$20 for non-members. (While the Sibley Senior Association does not handle registration for this class, you *may* contact them for questions: 202-364-7602 or email sibleysenior@jhmi.edu.) **To register**, please contact Joe Ryan at 202-362-0704 or go to the AARP [website](#).

~ **Saturday, Dec. 14, 5-6:30 pm: *The Parks Holiday Tree & Menorah Lighting*** -- The Parks at Walter Reed, 1010 Butternut St. NW. Join friends and neighbors to sing holiday songs and

participate in a nondenominational blessing as the 20-ft. tree and 12-ft. menorah are lit. Decorate cookies, create a holiday card for local veterans and seniors, or simply enjoy hot beverages, a fire pit, and s'mores. As a special treat, Imani Grace (Wash. Nat'l Cathedral jazz band's lead vocalist) will perform. Onsite parking is available.

~ **Sunday, Dec. 15, 3 pm: Free Holiday Concert by Encore Chorale & Encore Rocks** -- Cultural Arts Center, Montgomery College, 7995 Georgia Ave, Silver Spring. Choral ensembles of Encore Creativity for Older Adults will perform seasonal holiday classics and a variety of other choral and rock-and-roll favorites. Park free in the garage behind the auditorium. For more information, contact Encore at 301-261-5747 or visit the website: www.encorecreativity.org.

~ **Sunday, Dec. 15, 3 pm: Montgomery Symphony Orchestra: Sounds of the Season** -- Sligo Seventh Day Adventist Church, 7700 Carroll Ave., Takoma Park. The MSO invites you to a concert featuring a selection of classical favorites for the winter season by Bizet, Holst, Custer, Anderson, Strauss, Vivaldi, and more. All are welcome.

~ **Tuesday, Dec. 17, 4-6 pm: Scott Code: Technologies for Aging in Place** -- Iona Services, 4125 Albemarle St. NW. Scott Code is an expert on technology that helps older adults stay independent and socially engaged. Topic areas will include technology as related to communication, health & wellness, home safety & security, and lifelong learning. Space is limited, so please register [here](#). For more information, call 202-895-9485.

~ **Wednesday, Dec. 25, 6-7 pm: All-Star Christmas Day Jazz Jam** -- Kennedy Center, 2700 F St. NW. In a tradition going back 18 years, the Kennedy Center will host free jazz performances at Millennium Stage. In the elegant Grand Foyer, the show is a great place to bring all those out-of-town family members for a free after-dinner treat. For more information, call 202-467-4600.

-- Our thanks to ERCV volunteer Rosalind Palmer for compiling events for the calendar



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