

JANUARY 2020

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

2020 Vision



For many of us, waking up each morning, especially in the winter, can be a slow process. It can be hard to leave a warm bed and start the new day, let alone seize it. That's a bit of how it feels as ERCV begins 2020. Our Village has completed another active year, we've taken time to celebrate the winter holiday season, and hopefully we've rested a bit. Now we are just waking up to the new possibilities for 2020.

They say hindsight is 20/20, but we are ready to *look ahead* in 2020! What do you see for yourself and our Village? What would you like ERCV to do more of or less of? What are you willing to contribute to our organization and mission in terms of time, resources, and wisdom? What is the difference we can make together? These are the questions we are asking ourselves and each other as we begin the new year.

I want to extend my thanks to all our supporters who have renewed their membership or donated to ERCV in 2019. It's never too late to renew or donate. We offer a sliding scale so that ERCV is accessible to all who might benefit from joining. Every contribution is a show of support and enables ERCV to be sustainable through the years.

Do you see yourself becoming an ERCV volunteer in 2020? We offer our first volunteer training of the year on Sunday, January 12th from 2 to 4pm at Sunrise Senior Living (see Calendar listing). At the training we will prepare you to assist our service members, explore other volunteer possibilities with you, and answer your questions. Volunteers are the life-blood of our organization. Perhaps you and a friend would enjoy attending the training together!

For those who are already volunteers, what leadership roles might you consider growing into this year? Do you like planning parties? We need volunteers to take the lead if we want to Swing into Spring or develop new social and educational programming. We are always on the

lookout for new Board members who bring wisdom and experience as we manage our volunteer-led nonprofit. Think about the skills you have and want to share. Think about what you might want to learn and do in the new year.

But, no matter what, know that we will be here for you and our neighbors. Please join me at our Village Open House/Game Day coming up on January 11th. Board member Peter Kramer and his wife Diane are welcoming us into their beautiful home to enjoy conversation, food, drink, and games. I hope to see you there and encourage you to bring a friend. Wishing you all a happy, healthy, joyful new year!

--David Mackoff



SPOTLIGHT: Opportunities & Information

Calling all Artists and Craftspeople in the ERCV Area: Are you a sculptor, printmaker, painter, photographer, or other fine artist? Are you a quilter, stained glass artist, weaver, knitter, jeweler, potter, wood worker, or mixed media artist? Do you want to meet other talented artists and craftspeople in our area?

Join us for an initial gathering of the many creative people in our community. This first meeting will provide an opportunity to meet each other and brainstorm future gatherings, discuss opportunities to showcase our works, and share our passion for creating. If you are interested in joining this group, contact Rima Shaffer at rima2shaffer@gmail.com.

Respite Care—A new service available from ERCV: ERCV is launching a new service to provide respite care to ERCV family caregivers. We can now offer support to families charged with providing round-the-clock care to relatives or loved ones who are frail or suffering from dementia, Alzheimer's, or similar challenges. Often caregivers have little respite or relief, and their own immune systems may become weakened from stress and exhaustion. ERCV would like to help by providing much-needed relief to these vital family caregivers. Our service includes up to three hours of respite care on any given day. The caregiver may remain in the house to rest and renew, or attend to needed tasks, or may leave the home during this time.

Our first group of volunteer respite caregivers has been trained. If you are an ERCV member and would like to request this service, please contact us at 202-656-7322 to discuss your needs. As part of the process, Barbara Scott, ERCV case manager, will visit the individual who needs care, to make sure the volunteers are prepared to provide what is needed.

Recent Retiree Meet-ups with our Case Manager Barbara Scott: Coffee Meet-Ups are at the Uptown Market, 4465 Conn Ave. NW, at 9:30 am on Wednesdays, Jan. 8, 15, & 22. A Dinner Meet-Up will be at Pete's Pizza, 4940 Wisconsin Ave. NW, on Saturday, Jan. 11, at 5:00 pm. These get-togethers are for members who are getting ready to retire and/or have

retired in the past five years. **For the dinner, RSVP:** casemanager@dupontcircuitvillage.net or call Barbara at 202-441-7290.

End-of-life care for dementia patients: The importance of making plans for end-of-life care for dementia patients is vividly presented in a sobering *Washington Post* article by an emergency room physician. To read the article, click [here](#).

Holiday greens pick-up and recycling: For detailed information on scheduling Dept. of Public Works pick-up of holiday trees and greenery, see the document posted on our website, or call Reggie Sanders at 202-763-8654.

Opening New Doors: Georgetown Village is offering an interesting 4-part series on opportunities for seniors, including new employment possibilities, grandparenting, and travel planning. For details, see the flyer posted on our website.



ERCV PORTRAITS – Meet Sylvia Dennison



ERCV member Sylvia Dennison has many talents and diverse experiences, from art to management to finance. She graduated from Temple University School of Fine Arts, got a paralegal certificate from Upsala College, then went on to earn an MBA at Rutgers University. Sylvia began her professional life as an art therapist, working for the Eastern Pennsylvania Psychiatric Institute in Philadelphia. She created its first Art Therapy Department, and then developed and implemented individualized therapy programs for children with autism and schizophrenia. After a stint as a stay-at-home mom, she entered the challenging world of financial management as an Asset Manager for Prudential Insurance Company, managing a portfolio of commercial and retail properties.

Sylvia came to DC in 1988 with her husband David. He had taken a job with the DC government, and she went to work as the business manager of the DC Institute for Mental Health.

In 1991, she and David embarked on a new adventure, and created Dennison Associates Inc., a management consulting business. They worked together to build it into a thriving national company. They (mostly) closed up shop in 2017, but when asked, “How do you like retirement?” Sylvia says, “What’s that?”



Sylvia has created beautiful artwork, both drawings and sculpture, and is always busy, especially with her latest endeavor, as a volunteer tax preparer for AARP TaxAide. She finds the work very rewarding and humbling, because it makes a real difference in people’s lives and they are so appreciative. The program is primarily for lower-income older taxpayers, but no one is turned away if there are enough volunteers available and if their tax situations don’t require professional assistance.

During tax season, volunteer sites often prepare 25-30 returns per day.

The TaxAide program needs more volunteers, and Sylvia encourages other ERCV members to try it out. Volunteers need not have prior accounting or financial experience; client facilitators are also needed to ensure that the sites function smoothly.

Sylvia is an active participant in ERCV’s chair yoga and Otago exercise programs and recently joined other volunteers in the Early Readers program at Shepherd Elementary School. She and David also now finally have the time to actually enjoy all that DC has to offer, after raising three children and running their own business. They attend concerts and explore the Library of Congress, the Smithsonian, and other cultural offerings around town.

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



PLEASE JOIN US FOR JANUARY EVENTS --

Monday, Jan. 6, 13, 20, & 27: 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, Jan. 8, 15, 22, & 29: 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.

Fridays, January 10, 17, 24, & 31 (no Jan. 3): 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.

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!

Sunday, January 12, 2:00-4:00 pm

ERCV VOLUNTEER TRAINING SESSION

- A training session for those interested in volunteering for ERCV as drivers, office support, or board or committee members.
- Pictures will be taken for identification badges and information for a background check. Please bring your driver's license and copy of your car insurance policy if you intend to volunteer as a driver.
- **Location:** Sunrise Senior Living, 2201 Colston Dr., Silver Spring. Refreshments will be served.
- **Please email us by January 6** at info@eastrockcreekvillage.org if you would like to attend, or if you have questions.



COMMUNITY EVENTS OF INTEREST

~ **Saturday, Jan. 4, 1:00-2:00 pm (& each 1st Saturday through April): *Senior Care Monthly Series*** – Petworth Library, 4200 Kansas Ave NW. The library will host Timothy Howard, advisor to Senior Advisors Plus, presenting a series on providing care to aging seniors. Topics include

companion care, home configuration, assisted living, memory care, and much more. For information, please email thoward@senioradvisorsplus.com or call 540-330-4103. Free event.

~ **Tuesday, Jan. 7, 7:00 pm: ANC 4A Monthly Meeting** – 4th District Police Headquarters, 6001 Georgia Ave NW. The Advisory Neighborhood Commission 4A represents Colonial Village, Shepherd Park, Brightwood, 16th Street Heights, and Crestwood neighborhoods. ANC meetings are held to consider a wide range of policies and programs affecting our neighborhoods. For more information call 202-450-6225.

~ **Wednesday, Jan. 8 (& 15, 22, 29), 10:30 am: Move to the Music!** – Tenleytown Library, 4450 Wisconsin Ave NW. Instructor Kathy Gracenin will combine elements of Tai Chi, yoga, Qi Gong, and dance in a fun way to improve strength, balance, and alignment. Dancing in your chair is also welcomed. For more information, call 202-727-1488. Free event.

~ **Saturday, Jan. 11, 9:30-10:30 am: Free Yoga Class** – Washington Ethical Society, 7750 16th St. NW. This yoga class is offered in partnership with Ishani from Love of Asanas. The class includes mindfulness meditation. For more information, call 202-882-6650. Free event.

~ **Monday, Jan. 13-Sunday, Jan. 19: Restaurant Week DC – Affordable Dining Out** – Have a 3-course lunch for \$22/person or dinner for \$35/person. Several restaurants donate a portion of the week's proceeds to support the Capital Area Food Bank. Visit RWDMV.com for details and a complete list of the participating restaurants. Make a reservation and enjoy!

~ **Saturday, Jan. 18 & Monday, Jan. 20, 10:00 am-5:00 pm; Sunday, Jan. 19, 12:00-5:00 pm: Community Weekend at National Museum of Women in the Arts (NMWA)** – 1250 New York Ave. NW. In celebration of the Women's March, NMWA offers **free** admission to the museum for visitors to explore the permanent collection and current exhibits. For further information, contact 202-783-5000 or media@nmwa.org.

~ **Sunday, Jan. 19, 4:00-5:30 pm: Martin Luther King Annual Tribute at National Cathedral** – 3101 Wisconsin Ave. NW. The National Cathedral invites you to attend its celebration of Dr. King, with musical performances from the Washington Performing Arts Children of the Gospel Choir and the Cathedral band amplifying excerpts from King's "Letter from a Birmingham Jail." Free event.

~ **Sunday, Jan. 26, 3:00-4:00 pm: Art Insight: Understanding Art and Why it Matters** – Politics and Prose, 5015 Connecticut Ave. NW. Author Fanchon Jean Silberstein (former Hirshhorn docent for over 30 years!) shares an innovative guide to experiencing art that allows readers to discover meaning in their own ways. For more information call 202-364-1919 or click [here](#). Free event.

~ **Sunday, Jan. 26, 5:00 pm: Annual Shepherd Park Community Potluck** – Washington Ethical Society, 7750 16th ST NW. While this year's event will have a Jamaican theme, you can still show off your favorite dish or try a new one of your choice. Organizers are requesting contributions by last names: A-G main dish, H-M salads, N-T side dish/vegetables, and U-Z desserts. Free event.

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



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